

September 2004

Bavarian-American

Monthly

Look Who's Coming To Town!
see pages 24-25 inside

SERVING THE COMMUNITIES OF THE 100TH ASG
GRAFENWOEHR, HOHENFELS & VILSECK





100TH ASG

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409th BSB

Commander LTC Joseph P. Moore

282nd BSB

Commander LTC David M. Witty

100th ASG MWR Activities

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409th BSB MWR Activities

Acting Director Freddie L. Giddens

282nd BSB MWR Activities

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This magazine is now on-line.

Follow the above web page to either
Graf/Vilseck or Hohenfels link and then
to Bavarian-American on-line.

We welcome suggestions and ideas.

Information contained in this periodical
was correct at the time of printing.

Check with local activities
for possible changes.

The appearance of advertising in this publication
does not constitute DOD, Army
or Federal Government endorsement.

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Juri, Ponds Security K-9 Handler stands watch
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Vilseck

- A German Town with a
Special Relationship

Community Calendar

1, Wednesday

Checkbook Maintenance Vilseck ACS/1-3 p.m.
New Directions Discussion Hohenfels ACS/10-11 a.m.

2, Thursday

Sulzbach Hospital Tour Vilseck ACS/6 p.m.
BOSS Meeting Vilseck Yesterday's Club/1 p.m.

7, Tuesday

Finances - 1st Term Soldiers Hohenfels ACS/10:15 a.m.
Checkbook Maintenance Hohenfels ACS/2:30-4:30 p.m.

8, Wednesday

Identity Theft & Credit Fraud Vilseck ACS/1-2:30 p.m.
Special Needs Resource Team Meet Vilseck ACS/9-10 a.m.
BOSS Meeting Hohenfels CAC/1:30 p.m.

9, Thursday

Basic Investing Vilseck ACS/5:30-6:30 p.m.
ADHD Workshop Vilseck ACS/11 a.m.-noon
Credit & Budgeting Hohenfels ACS/2:30-4:30 p.m.

14, Tuesday

Finances - 1st Term Soldiers Hohenfels ACS/10:15 a.m.
Money Management Hohenfels ACS/2:30-4:30 p.m.

15, Wednesday

Discover Your N/hood Graf/Vilseck ACS/8 a.m. 5 p.m.
Money management Vilseck ACS/1-3 p.m.
CSC Super Sign-Up Hohenfels CAC/11a.m.-2 p.m.
BOSS Night Graf Library/7-8 p.m.

16, Thursday

RESUMIX Class Vilseck ACS/1-2:30 p.m.
BOSS Meeting Vilseck Yesterday's Club/1 p.m.

20-24 Sep

Welcome to Bavaria Graf/Vilseck ACS/Call for times
Newcomers Orientation Hohenfels CAC/8:30 a.m.

21, Tuesday

Investment Roundtable Vilseck ACS/5:30-6:30 p.m.
Finances - 1st Term Soldiers Hohenfels ACS/10:15 a.m.
Understanding Insurance Hohenfels ACS/2:30-4:30 p.m.

22, Wednesday

BOSS Meeting Hohenfels CAC/1:30 p.m.

23, Thursday

Understanding German Bills Vilseck ACS/3 p.m.
Understanding Investments Hohenfels ACS/2:30-4:30 p.m.

28, Tuesday

Finances - 1st Term Soldiers Hohenfels ACS/10:15 a.m.
Thrift Savings Plan Hohenfels ACS/4:30-5:30 p.m.

29, Wednesday

BOSS Meeting Hohenfels CAC/1:30
Basics On Home Buying Vilseck ACS/5:30-6:30 p.m.
Weiden Hospital Tour, Hospital Lobby 6 p.m. Vilseck ACS
CIE Hohenfels CAC/1-2 p.m.

30, Thursday

Respite Care Training Vilseck ACS/9-10:30 p.m.

Tuesdays

Play Morning (Graf Chapel) Graf ACS/10-11:30 a.m.

Wednesdays

Storytime Vilseck Library/10 a.m.
Storytime Graf Library/9:30 a.m.
Pre-School Story Hour Hohenfels Library/9:30-10:30 a.m.

Thursdays

Vilseck Play Morning (Bank Bldg) Vilseck ACS/9:30-11 a.m.

409th BSB CYS

Limited Spaces!

Register by 7 Sep, 2004

Age & Weight Restrictions

Strictly Enforced

COACHES NEEDED



Tackle Football

Contact Central Registration: Graf 475-6161 Vilseck 476-2760

First Annual Oberpfalzer Road Rally

Honoring CSM James Van Patten

- Sylvia Durchholz-Wilhelm, Jeff Coleman and Kathy Gibbs

For some it was the irrepressible call of adventure, for others it was the thrill of competition, for most it was the look on the ASG Commander's face casting a long shadow over future career prospects if they didn't participate in the first annual 100th ASG Road Rally on Sunday, July 25. Participants from near and far formed a rag-tag group of competitors seeking the highly venerated and much coveted "Gilded Rusty Muffler" Award.

Some showed up with bundles of maps, field glasses, and rucksacks filled with liquid nourishment meant to sustain them on their perilous and arduous journey into the unknown wilds of the Bavarian Oberpfalz. Others donned their worn driving gloves and goggles with the urge to experience what life was like in remote and forbidding places where inhabitants spoke in dialects not even understandable to their fellow Deutschlanders (Oedish, I believe it was called).

When COL Richard Jung, 100th ASG commander and rally master, announced "Ladies and Gentlemen, start your engines," hearts began to pound; palms began to sweat, and those of weak constitution, swooned. It was a tense time as nearly 50 rally participants eagerly revved their engines and waited impatiently to streak across the start line.

The first annual 100th ASG Road Rally began in Grafenwoehr and challenged participants to drive a 40-mile course meandering through rural roads, locating clues in various towns and villages that led them to their final destination in Parkstein. COL Jung kicked off the rally by giving precise instruction, including "this is not a race; don't speed, no breaking the law, no kicking, biting, name-calling, hair-pulling, punching, gouging (except at dinner)," and "no cheating." After giving serious consideration to COL Jung's warnings, several participants elbowed each other, ran to their cars, created a bottleneck rivaling anything one sees in any large Italian city intersection, and left copious amounts of tire rubber on the Bavarian asphalt while attempting to depart the starting point. It was noted that several participants (chuckling quietly and murmuring to themselves) were seen at various clue sites attempting to hide clues left for those behind them.



Photo by Sue Bluhm

Winners of the coveted gilded Rusty Muffler Award were (left to right) Jose Rodriguez and Freddie Giddens.

The rally was planned by Jeff Coleman, Esq., who plotted the route and provided detailed, clear, and precise instructions for participants, including "look for a milkweed approximately 1 meter tall with a purple flower on top and turn there." Mr. Coleman, to be sure that participants learned valuable information as they sped along, contrived noteworthy historical facts, such as the famous bloody battle fought in Oed between the Nordic tribe of the Oeds and the Celtic Haarbeins. Mr. Coleman was last seen yelling "Gruess Gott, Mein Liebschen" (with an Oedish dialect) as he jumped in his Porsche and headed to France to avoid any damaging career implications his rally planning may have caused him.

Winners of the gilded rusty muffler trophy were Freddie Giddens and Jose Rodriguez, who managed to complete the rally in the allotted time without hurting themselves (a feat in itself) or anyone else. There was a tense moment, however, when Freddie found an elderly German gentleman removing all of the clue envelopes, whereupon Freddie told the gentleman to give him one blue envelope and keep the rest. The last time we saw Freddie and Jose, they were seen wrestling to see who got to display the trophy first. The winners of the "Gee, you broke all speed records (and speed laws) and totally ignored the Rally Master's instructions" award were CPT and Mrs. Andrew Morgan who arrived at the destination site approximately one minute after the last clue was posted by the rally logistics crew. Richard Cooper and Richard Neal managed to break all records and arrive at the destination site dead last earning them the "Tortoise Award." Cooper was last heard saying, "I demand a recount!"

The rally was held in honor of 100th ASG CSM James Van Patten who will retire in October.



Photo by Kathy Gibbs

CSM James Van Patten drools over the Rusty Muffler Award prior to presenting it to Rally winners Jose Rodriguez (100th ASG DOL) and Freddie Giddens (100th ASG MWR, Acting) while COL Rich Jung looks on.

There's a lot happening at Your Library

409th BSB Summer Reading Program

Have you ever wondered about what kind of animals live in your area? Have you ever had the chance to see them up close? Children from Vilseck and Grafenwoehr did just that as they celebrated the end of their Summer Reading Program on Monday, July 26.

This year's Summer Reading Program theme was "Nature and the World Around Us." Both the Vilseck and Grafenwoehr libraries celebrated reading and nature through their five-week reading program. Once a week, children were invited to come into their libraries and open their eyes to different topics as they made crafts and read stories. They were encouraged to read books so that they could receive little giveaways. To celebrate the end of the program both libraries teamed up and had a celebration at Dickhäuter Lake, Grafenwoehr. Two buses, loaded with children and their parents, headed out to the lake for an afternoon of fun. The Grafenwoehr Outdoor Recreation Center provided a jumping castle, a climbing wall, nature discussions, and a hot-dog lunch. Despite the damp weather, there were smiles on the children's faces as they jumped with joy on the castle. A few kids even tackled the huge climbing wall! Mr. Doeden talked to the children about the different types of animals that can be found right in our own backyard. The children learned about the animals' habitat and behavior patterns. The children asked lots of excellent questions. They even had a chance to get close up to see and feel the animals. Of course, they were mounted on the wall. Some of the interesting animals on display included: a squirrel, a boar, a deer, and a bird. Have you ever woken up one morning and found something had visited underneath the hood of your vehicle? The children got to see a marder up close to view exactly what those somewhat annoying creatures look like.

"This was an excellent learning experience for the kids," said Tairah Bumanglag, mother of two participants. "The children looked like they were really interested in the discussions."

Ms. Caecilia Meier, DPW, provided the children a discussion on the different types of trees and leaves that are all around us. The children scrambled to find the perfect leaves to make their own buttons to wear. No two buttons looked alike. The children then delighted in a delicious hot-dog lunch. All that fun created a hearty appetite! Another highlight was the face painting provided by Ms. Gislinde Phillips, Grafenwoehr School Age Services. This is always a favorite. Children's faces quickly transformed into beautiful butterflies and other pretty designs. After the celebration, children and their parents returned to their respective libraries to receive their hard-earned awards. Everyone received a certificate, and the top three readers were awarded prizes. The effort that the children made this summer reading their favorite books was what made this program a huge success. The children were excited to show how many



Photos by Sue Bluhm

Ms. Caecilia Meier (above right) helps the children craft buttons from leaves and flowers that they found.



Ms. Gislinde Phillips (above right) helps organize the face painting with some help from a Camp Adventure Counselor.

A young reader (below) shows no fear of the wild boar on display, as long as Mom and big sister are there!



books they had read, and it encouraged them to practice and maintain their reading levels while school was out. Every library throughout USAREUR offers a summer reading program for their community. Don't miss out on the fun next year; contact your library before summer.

Oktoberfest in Munich:

Ein Prosit, ein Prosit der Gemütlichkeit!

Scotch Guard your lederhosen, polish your steins and practice your oompah-pah songs! Let ITR take you to the world-famous "Oktoberfest" in Munich on Sept. 18, 26 and Oct. 2. This unique trip is simply elementary for all European travelers. According to the Munich tourist board, Crown Prince Ludwig, later to become King Ludwig I, married Princess Therese of Saxony-Hildburghausen on Oct. 12, 1810. The residents of Munich were invited to celebrate the happy royal event at festivities held on the fields in front of the city gates. This proved so much fun that the party endured for 16 days. The fields have been named Theresienwiese ("Theresa's fields") in honor of the Crown Princess, and the locals just call it "Wies'n." Horse races in the presence of the Royal Family marked the close of the event which was treated as a festival for the whole of Bavaria. The decision to repeat the horse races in the subsequent year gave rise to the tradition of the "Oktoberfest" but are no longer part of it today. Small beer stands were replaced in 1896 by tents from the breweries. Later, a livestock show and a carnival with carousels were added. Today's "Oktoberfest" qualifies for the largest beer festival in the world. Many small towns in America reproduce this hugely commercial event by adding their own German traditions and songs. In Munich this 16-day event calls for the consumption of about 7 million liters of beer every year. Brass bands and traditionally dressed Bavarians set the background for this remarkable spectacle that attracts visitors from all continents. Join the staff of the Grafenwoehr Library in learning all you can about colloquial German and these funny songs people sing at their tables. In addition, we would like to invite you to take a city tour of Munich with us and to find out about Schloss Nymphenburg, the English Garden, the Hofbräuhaus, window-shopping along Maximilianstrasse, and the famous twin onion-domed towers of the Frauenkirche. We'd also like to tell you about BMW, the Olympiapark and the new Bayern München/1860 Stadium.

Sept. 17 from 10 a.m. to noon at the Grafenwoehr Library

Se Habla Español!

Americans have recognized National Hispanic Heritage Month since 1988. Prior to this date, the celebration was limited to the Hispanic Heritage Week. Every year, from Sept. 15 to Oct. 14, celebrations take place throughout the United States, recognizing significant contributions that Hispanics have made in politics, science, art, literature, business, sports, and culture. Enjoy this month-long celebration of one of the many cultures that make up the United States simply by visiting the National Hispanic Heritage Month displays in your libraries. To kick off this

yearlong effort by the Hispanic Heritage Month Committee for this celebration, volunteers donate their time to tell stories in Spanish to each of the libraries in the 409th BSB. We also show a number of Spanish movies and cartoons for our little customers. Inspired by the history, culture and traditions of Americans that have their origins in Spain and Latin America, the staff of the Grafenwoehr library focuses for this year's commemoration on Spain, by providing a cultural morning and a quick Spanish language course for the community. Locations and events are listed below. For more information call the Grafenwoehr library at 475-1740 or the Vilseck library at 476-1740, or stop by.

Story Hour in Spanish:

Sept. 19 and Oct. 3 from 2-3 p.m. at the Grafenwoehr Library

Story Hour in Spanish:

Sept. 16 and 30 from 10-11 a.m. at the Vilseck Library

Kids movies in Spanish:

Sept. 26 and Oct. 10 from 2-3 p.m. at the Grafenwoehr Library

Kids movies in Spanish:

Sept. 23 Sept. and Oct. 7 from 10-11 a.m. at the Vilseck Library
Spain, a cultural morning at the Grafenwoehr Library:
from 10 a.m. to noon Oct. 1

Hohenfels Pre-school Story Book Players

It is time again, my young friends, to kick off a new season of the Pre-school Story Book Players. The Players recently completed an eight-week summer reading tour and are eager to get the new fall/winter program underway. Participants should be ready to experience many new themes and adventures. Here is a glimpse of the great things in store:

On Sept. 1, we promenade into the new season with a royal day, a day to discover your inner prince or princess. On-the-go and children of the world are two of September's other super themes. October will roll in with a pumpkin day and exit with a day to love and honor your favorite friend, the teddy bear. Piggies and Thanksgiving will be the hot November themes, with hands and feet also crawling in. The year will end with a rush of great programs including Disney Day, winter, and happy holidays.

All Pre-school Story Book programs are sure to bring a smile to any child's face. All children are welcome, and new members of the community are encouraged to stop by and check out our act. The players meet every Wednesday at 9:30 a.m., so come to the Hohenfels Library and have some fun. Please contact the library at 466-1740 if you have any questions, want more information, or would like to volunteer.

2004 Hohenfels Library Pre-school Story Hour Players Schedule of Events

Sept. 1	Royals
Sept. 8	On the Go
Sept. 15	Cats & Kittens
Sept. 22	Fall is Here
Sept. 29	Children of the World
Oct. 6	Pumpkins
Oct. 13	On the Farm
Oct. 20	Fire
Oct. 27	Teddy Bears

Army Family Survey

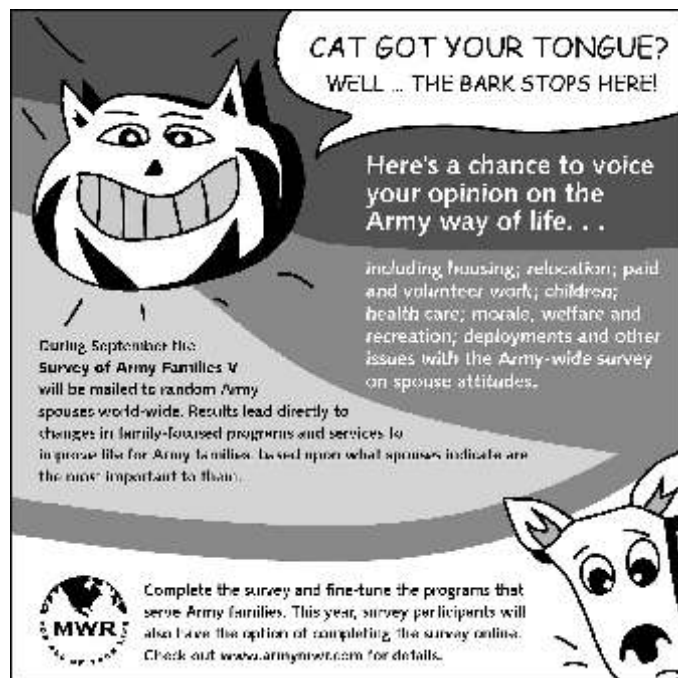
Don't Say the "cat got your tongue." It will be clear that "the bark stops here" as Army spouses will be urged to speak their minds when the 2004 Survey of Army Families arrives in selected mailboxes in early September.

These and other catchy phrases will soon be seen in the Grafenwoehr, Hohenfels and Vilseck communities, adorning brightly imprinted kids and adult T-shirts, balloons, commissary bags and more to boost awareness of the critical importance of the survey to Army families.

The Survey of Army Families is mailed directly to spouses in randomly selected Army households around the world every four years. The survey generates Army-wide data on spouse attitudes about the Army way of life, including housing; relocation; paid and volunteer work; children; health care; morale, welfare and recreation; deployments and other issues.

The survey is a key source of information from spouses that directly reaches senior Army leadership. Survey results lead directly to changes in family-focused programs and services to improve life for Army families, based upon what spouses indicate are the most important to them.

About 60,000 families will be included in the



random sampling for the 2004 survey that means a spouse has about a one-in-four chance in receiving a survey. The greater the response rate, the more helpful the information is in guiding the Army in fine-tuning the programs that serve Army families. This makes it critical that every recipient of a survey takes the time to complete it; this year, survey participants will also have the option of completing the survey online.

Celebrate Autumn Annual Vilseck Bazaar

with the

15-17 October 2004
Hilltop Gym, Vilseck
 Friday, 15 October, 11 a.m.-8 p.m.
 Saturday, 16 October, 10 a.m.-8 p.m.
 Sunday, 17 October, 11 a.m.-5 p.m.

<p>Grand Opening 11 a.m., Friday</p> <p>Drawings 4 p.m., Sunday</p>	<table border="0"> <tr> <td>Fine Table Linens</td> <td>Tea Carts</td> </tr> <tr> <td>Pewter Glass & Jewelry</td> <td>Black Forest Clocks</td> </tr> <tr> <td>Miniatures & Pewter</td> <td>Cheese & Wines</td> </tr> <tr> <td>Beannies & Antiques</td> <td>Russian Fine China</td> </tr> <tr> <td>Porcelain Dolls</td> <td>Bulgarian Crystal</td> </tr> <tr> <td>Brickstacks</td> <td>Silver Jewelry</td> </tr> <tr> <td>Military Paintings</td> <td>German Wine</td> </tr> <tr> <td>Wooden Toys & Boxes</td> <td>Wrought Iron Furniture</td> </tr> <tr> <td>Bavarian Clothing</td> <td>Wool Coats & Jackets</td> </tr> <tr> <td>Oil Paintings</td> <td>Australian Tableware</td> </tr> <tr> <td>Collectibles</td> <td>English Tea Sets</td> </tr> <tr> <td>Ceramic Houses</td> <td>English Silver</td> </tr> <tr> <td>Inlaid Wood Work-boxes</td> <td>Leather Coats & Goods</td> </tr> </table>	Fine Table Linens	Tea Carts	Pewter Glass & Jewelry	Black Forest Clocks	Miniatures & Pewter	Cheese & Wines	Beannies & Antiques	Russian Fine China	Porcelain Dolls	Bulgarian Crystal	Brickstacks	Silver Jewelry	Military Paintings	German Wine	Wooden Toys & Boxes	Wrought Iron Furniture	Bavarian Clothing	Wool Coats & Jackets	Oil Paintings	Australian Tableware	Collectibles	English Tea Sets	Ceramic Houses	English Silver	Inlaid Wood Work-boxes	Leather Coats & Goods
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Inlaid Wood Work-boxes	Leather Coats & Goods																										

Please no strollers! ☎ Open to I.D. Cardholders only
 Prices in U.S. Dollars & tax free. ☎ Visa, MasterCard & U.S. checks accepted

Let Your Voice Be Heard

- Michelle McLaughlin

Have you ever had a really good idea but didn't know if anyone was listening? What about a concern that you have tried to resolve but still couldn't? Well, if you have said "yes" to either question then the Army Family Action Plan (AFAP) Program is your next avenue!

What is AFAP? AFAP is a program that was designed to allow community members the chance to voice issues that affect quality of life within not only their local community but also the Army as a whole and to recommend viable solutions to those issues.

Members of the 100th ASG communities (Grafenwoehr, Hohenfels and Vilseck) are asked to identify issues that affect Army quality of life through Issue Sheets and Issue Boxes that will be located in various facilities within the 100th ASG from July through October. These issues are then collected by the AFAP Program Manager and prioritized at the conference by delegates (members of the communities). Approximately 90 percent of AFAP issues are worked at the local level where they help improve and enhance Army communities. Appropriate issues that cannot be resolved at the local level will then be forwarded to Installation Management Agency Europe (IMA-E) and/or Headquarters Department of the Army (HQDA) for possible resolution. Some issues may require the inception of new programs, changes to Army policy, or legislative change.

How can you get your issue submitted to the Oct. 25-28 100th ASG AFAP Conference? Fill out the Issue Sheet found next to the yellow AFAP Issue Box throughout your local community. In Vilseck, they can be found at the PX, School Age Services (SAS), ACS, Commissary, Library and the CMR. In Grafenwoehr, the boxes are located at the Food Court, SAS, ACS, Commissary, Library and the CMR. And in Hohenfels, they are at the PX, Commissary, Building 10, ACS, Library and CMR. Once you have the form filled out, simply place it in the Issue Box or MPS it to the address on the back. What are some AFAP successes? In their 20-year history, AFAP conferences have produced more than 83 changes in legislation, created 150 Army and OSD policies, and initiated or improved more than 140 programs and services. Examples of programs that were initiated due to AFAP conferences are: Family Readiness Groups, Better Opportunities for Single Soldiers, Army Family Team Building, Thrift Savings Plan, increasing the SGLI from \$50,000 to \$250,000 and more recently, Tour Stabilization Program for Families with Seniors in High School. A few recent local successes include: the sliding glass doors at the Vilseck PX, extra parking near the Vilseck Elementary School and the On-Post Shuttles running in all three communities. Remember, AFAP was specifically designed for you to get your voice heard! So, what are you waiting for? Issue submission deadline is Oct. 1. If you have any questions or would like to volunteer with AFAP, please contact the 100th ASG Program Manager, Michelle McLaughlin, at DSN: 476-3275/2650 or email: michelle.mclaughlin@cmtymail.100asg.army.mil.

Hohenfels Community-Wide

Garage Sale

SEPTEMBER 11

10 a.m.-2 p.m.

CAC, Bldg. 40

Hohenfels

BUY OR SELL!

10x10 foot space

Rent a booth-for \$15

Make reservations
at the CAC

DSN 466-2340



ANGELS

Sometimes they come in the form of friends

- Christina Reese

I was listening to a CD while I contended with some inner turmoil on my porch this evening when an interesting thought occurred to me. I was listening to a rather popular artist, and I would guess that most readers have heard the following lyrics before:

"You spend all your time waiting, for that second chance, for the break that will make it OK. There's always some reason to feel not good enough, and it's hard at the end of the day. I need some distraction, oh, beautiful release, where memories seep from my veins. Then they'd be empty, oh weightless, and maybe and I'd find some peace tonight . . . You're so tired of the straight line, and everywhere you turn, there are vultures and thieves at your back. The storm keeps on twisting. You keep on building the lies that you make up for all that you lack. It don't make no difference, escape one last time. It's easier to believe in this sweet madness, oh this glorious sadness, that brings me to my knees. In the arms of the angel, fly away from here, from this dark, cold hotel room, and the endlessness that you feel. You are pulled from the wreckage of your silent reverie. You're in the arms of the angel, may you find some comfort here. You're in the arms of your angel, may you find some comfort here."

These are the words to the song Angel by Sarah McLachlan.

I have always had this inexplicable feeling that I have angels, the spirit kind, around me to help and comfort me when I am lonely. But tonight, I don't think that angels have to be spirits. I have friends whom I consider angels. I get phone calls from friends and loved ones who want to make sure that I'm okay. People I don't even know say nice things to me and make me smile when I am having a horrible day. I would consider all of these people angels because they are there when I need them most.

As military spouses, we all feel the storm that keeps twisting and whirling around us that we think will never subside. We spend our time during a deployment waiting for another chance to be with our soldier, and at times we feel that if we could only be with him or her again that everything would be okay. I just spent my third anniversary alone and have had to deal with a grocery list of things that only go wrong when my husband is not around. So, I feel the full extent of the mayhem.

I would imagine that we can all relate at one time or another to feeling that we are not good enough. Sometimes there are events in life where we have to make a choice and we know that whatever choice we make, someone will be disappointed. It is during times like these that we must do what we feel, in our heart, is right. And, as I reflected on events that transpired during the pre-dusk hours as the sun fell behind the trees this evening, I can honestly tell you that it can be hard at the end of the day ... sometimes.

During times of discourse, we need our angels to distract us, especially when things go wrong, and it is at these times that we need to look toward our friends to help comfort us. They are a great resource when we just need to talk or want the memories of a terrible event to just seep out of our veins. Sometimes, if we could just make those feelings subside then maybe, just maybe, we could find some peace. I know that just by sitting and being thankful for what I do have I can somehow escape the endlessness of this deployment and find comfort with my "guardian angels" as I like to think of my friends.

Sometimes we get tired of walking the straight line that occasionally accompanies being a military spouse. I hope that you and your angels take some time to "get away" when you feel the deployment is endless. But, it doesn't take an elaborate plan once you are able to see that the most ordinary and unknowing person is just what you needed, and likewise, your smile may be just what another person needs. So, always be kind to the people around you; they may be having a difficult day, and remember that you may be someone's angel today and never even know it.



Volunteering

When Creating Your Career, Don't Knock Volunteering!

- Maria Yost

Now that school is back in session, many spouses are focusing on their own personal development. In astrology, September is ruled by Virgo, the sixth sign of the zodiac. Virgo is often associated with work and service to mankind. In terms of the agricultural cycle, this is when the fruits of our labor begin to show and it is time for the harvest. Maybe that is why this time of year often has us thinking of our own career goals. When we say the word, "career," we often think of a job, but a job is work that we do for a paycheck while a career is anything we focus on as a part of our life's purpose. We work for many reasons, sometimes just to have a paycheck. But other times we seek more fulfillment from our activities, and we turn to volunteering to fill the void.

OK, before you get any misconceptions, I want you to know that I have been a career girl since I blew out 16 candles on my birthday cake. I like to get compensated for the work I do, and I like having the experience on my resume. But I've also received many benefits from volunteering, sometimes even more than I got in my measly bi-weekly paychecks. My volunteer career has been similar to my work history in the sense that sometimes I volunteered a little and at other times I was almost a full-time volunteer. There have been times when I volunteered exclusively for one organization and many more times when I volunteered for several organizations simultaneously. But all of my volunteer pursuits have influenced my career growth in some way. For example, I was sure I wanted to get my graduate degree in Human Resource Management until I started volunteering with the Army Family Team Building (AFTB) program. I discovered I really had a knack for instructing, and I decided to get my master's degree in education.

There are many advantages to volunteering. Of course, you can meet people, socialize and make a difference in the community. In addition, volunteers generally have a flexible schedule, so you are not "tied down" like you might be with a full-time job. However, few people truly understand the impact volunteering can have on your career. Volunteering can positively impact your career in many ways, including:

- Developing new job skills. Volunteering can be a great way to "try" a new career or job skill. Maybe you think you'd like to be a teacher. You could volunteer at the local school to see if you really enjoy working with children. If you want to change careers but have no experience, you can volunteer in the field of interest to gain experience.

- Maintaining job skills or keeping experience current. You may have had a great job in the States, but the position is not available overseas. You can sit on your laurels for three years and hope your previous experience will carry you over or you can volunteer in positions where you can use skills learned from education or previous jobs. Christina Reese, former AFTB Volunteer Program Manager, worked in human resources before coming to Germany. "Before I even got to Germany, I had heard that jobs were hard to find here. I was worried because having worked in HR, I know what it looks like to a potential employer to have big gaps in a resume, so I didn't want to spend three or more years doing nothing career related. After about three months here, I was taking AFTB classes when I was approached about volunteering with the AFTB program. When the position was explained to me, I thought that it would be a wonderful opportunity to gain some management-related job experience, and conducting training would look fabulous on my resume. Because of the contacts I made within the time I was volunteering, I was able to land a paying job which I absolutely love." She wasn't sure if she wanted to have a full-time job, but she liked the idea of utilizing her skills for a valuable community organization.

- Network in the community. Volunteering is a great way to meet others in the community and find out about possible job openings. There are many job openings that aren't widely publicized. If you are volunteering for an organization, you may find out who may be leaving or what new positions are being created long before they are announced. That can give you a head start in fine-tuning your skills and working on your resume.

·Open up career possibilities. Good volunteers get noticed! AFAP Program Manager, Michelle McLaughlin, wasn't even looking for a job when she heard of the AFAP opening. She enjoyed volunteering for various organizations including the Vilseck Community and Spouses Club, where she was coordinating the annual Bazaar. One evening at an FRG meeting, ACS Officer Lynn McCollum commended McLaughlin's work in organizing the Bazaar and mentioned that this experience made her a perfect candidate for the AFAP Program Manager position. Michelle stated, "I never thought in a million years that volunteering for the Community Club would lend itself to a future job." Now, two years later, McLaughlin herself is working with volunteers as the AFAP Program Manager and as the president of the Vilseck Community and Spouses Club.

As a previous volunteer manager and employer as well as a volunteer myself, I have a few tips to help you make volunteering work to positively enhance your career goals:

- Consider your interests, abilities, goals and priorities.
- Seek a position that coordinates with your career goals.

- If there isn't a position available in your area of interest, then create one!
- Treat volunteer work like a "real job," because it is!!!
- Continuously reassess your commitments and know when to move on

As military spouses, we may experience many ups and downs in our careers. Frequent moves and the miscellaneous challenges of military life often force us to adapt our career path. The experiences you gain in volunteer positions can help you develop new skills, keep abreast in your field or pave the way for paid positions later. Along with the personal benefits of volunteering, it is also a great way to connect with and make a difference in your military community. The Department of the Army recognizes the value of community volunteers and is striving to develop a professional approach to volunteer management through the establishment of the Army Volunteer Corps (AVC). The AVC replaces the Installation Volunteer program and the Installation Volunteer Coordinator is now the Army Volunteer Corps Coordinator or AVCC. You can contact the AVCC at your local ACS to discover the volunteer opportunities that exist in your community.

Family Child Care

"Frequently Asked Questions"

- Jim Solomon



1. What does it cost to place my child in an FCC home?

The cost of placing a child in an FCC home is the same as placing a child in a Child Development Center. When you register your child at the Child and Youth Liaison Outreach and Education Services Office (CLEOS) or Central Registration, a financial worksheet is completed and each family is placed in a fee category ranging from one to six. The Department of the Army sets forth these fee categories, and they are based solely on total family income. Every installation uses these fee categories and cannot change or alter them in any way. In turn, both the FCC providers and CDC use these categories. In addition, the providers and the CDC are open the same hours, thus providing the same delivery of services for the same fee. The only exception is that FCC providers have the latitude to negotiate additional services, if mission demands, to exceed "normal" duty hours.

2. How often are the FCC homes inspected and by whom?

The FCC director and FCC trainer inspect the Family Child Care providers at least twice a month, and these inspections are unannounced. Most months there are additional inspections: the Community Health Nurse performs health, sanitation and nutrition inspections; the Fire Department conducts unannounced fire drills and ensures all fire regulations are being followed; and the Installation Safety office inspects to ensure that all safety regulations are being followed. In addition, all of CYS, including the FCC program, undergoes two major inspections annually, the Installation Child Care Evaluation Team (ICCET) inspection and the IMA-E-wide Regional Child and Youth Evaluation Team (RCYET) visit. And finally, the CYS chief visits one home each week with the FCC director to ensure all FCC facilities are in compliance with regulations.

3. Do the children receive the same developmental benefits as the children at the CDC?

Yes. Early childhood is a time for growth, development and becoming aware of the world around them and how they fit into that world. The developmental benefits that children receive in both programs are equal in approach and philosophy. In either program, one can expect to see rich learning environments integrated with warm, thoughtful, responsive adults present. The major difference in care is that in an FCC home the numbers are smaller, which guarantees more one-on-one interaction with your child.

If you have any additional questions about FCC, please contact Rita Roberts, Vilseck, at 476-2783 or Jim Solomon, Hohenfels, at 466-2157. Remember, we *"help children to help themselves."*



NOW HIRING
CYS positions
in the 100th ASG

Benefits include:
20% childcare discount,
individualized training,
and free college tuition

Contact your local NAF CPO office

Character Counts

Playmobil Fun Park Activities

- Maryann Andrews, Grafenwoehr CDC



The preschool and kindergarten classes at the Grafenwoehr CDC visited the Playmobil Fun Park in Zirndorf on July 28. After a bus ride filled with "Old McDonald Had a Farm" and "Little Bunny Foo Foo," the children were ready for a day filled with fun and exploration.

Upon arrival, we picked up our park maps and decided what we would visit first. The classes split into two groups to explore the park. They visited the castle, where the children climbed on the rope ladders as well as the climbing wall and the "jungle area." The kindergarten class took a walk across the rope walkway to the pirate ship, rang the bell and waved at the passers-by.

After a delicious sack lunch prepared by Mr. Bob and Mr. Dwight, the children were ready to continue the trek through the park. They climbed up the big hill to slide down the winding slide and enjoyed the indoor play area. The indoor area included a mirrored maze, a rope catwalk as well as other types of slides and ladders. After an exciting day at Playmobil Fun Park, the bus ride home was quiet, as the children took a much-deserved nap.

Ms. Mercedes, Ms. Nicole and Ms. Danielle, from Graf SAS, accompanied the preschool class. Mrs. Merritt came along as a parent volunteer to help out and enjoy the day with her sons. Ms. Maryann, Ms. Sandra and Ms. Susan accompanied the kindergarten class. All had a great time, and the children asked when they could go again.

Local field trips were planned for August, including story time at the Grafenwoehr Library, bowling and community walks.



CYS Calendar for September

1	Game Tournament	Graf Teen Ctr/4 p.m.
	Teen Swim Trip	Hohenfels Teen Ctr
2	Smart Moves - "Smoking"	Graf Teen Ctr/4 p.m.
3	Torch Club Planning Meeting (grades 6-8)	Graf Teen Ctr
4	Newcomers Bowling Party	Graf Teen Ctr/3 p.m.
7	Physical Challenge Games	Graf Teen Ctr/4 p.m.
8	Cooking/Gardening Club Planning Meeting	Graf Teen Ctr/4 p.m.
9	Smart Girls Club Planning Meeting (grades 6-8)	Graf Teen Ctr/4 p.m.
	Boys Talk	Graf Teen Ctr/4 p.m.
10	Torch Club Cooking	Graf Teen Ctr/4 p.m.
11	Teen's Night Out	Vilseck Yesterday's/8-11 p.m.
	Youth Soccer Opening Day	Hohenfels YS
13	Planning Meeting (Fall activities)	Graf Teen Ctr/4 p.m.
14	Skate Boarding Competition	Graf Teen Ctr/4 p.m.
15	Arts & Crafts Project (Asian-Pacific)	Graf Teen Ctr/4 p.m.
16	Smart Moves - "Anger"	Graf Teen Ctr/4 p.m.
	Keystone Club Planning Meeting (grades 6-8)	Graf Teen Ctr/7 p.m.
17	Torch Club Community Project (grades 6-8)	Graf Teen Ctr/4 p.m.
18	Mosaic Flower Pot (ages 6 up)	Graf Arts/Crafts
	G-A Teen Club Bowling	Graf Teen Ctr/3 p.m.
	Youth Sports Soccer matches	Hohenfels YS
20	Teen Bowling	Graf Teen Ctr/4 p.m.
21	Horseback Riding	Graf Teen Ctr/4 p.m.
21&24	Kids Sewing (ages 10-14)	Vilseck Arts/Crafts/3-5:30 p.m.
22	Photography/Fine Arts Project	Graf Teen Ctr/4 p.m.
23	Smart Girls Planning Meeting (grades 9-12)	Graf Teen Ctr
24	Kids' Fishing Program	Graf ODR/4 p.m.
	Video & Popcorn	Graf Teen Ctr/7 p.m.
25	Phantasialand Amusement Park Trip	Graf Teen Ctr/4 a.m.
	Youth Soccer Matches	Hohenfels YS
27	Birthday party	Graf Teen Ctr/4 p.m.
28	Basketball Tournament	Graf Teen Ctr/4 p.m.
	Youth Book Club	Hohenfels Library/3:30 p.m.
29	Hispanic Celebration	Graf Teen Ctr/4 p.m.
30	Job Ready/Career Opportunities "Dress For Success"	Graf Teen Ctr

MONDAYS-FRIDAYS

Teen Power Hour	Hohenfels Teen Ctr/3 -7 p.m.
Teen Imaginarium	Hohenfels Teen Ctr/3-7 p.m.

MONDAYS

Smart Girls	Vilseck Teen Ctr/4-5 p.m.
Volun-Teen Red Cross	Hohenfels Teen Ctr/5:30-6:45 p.m.

TUESDAYS

Keystone/Torch Club	Vilseck Teen Ctr/4 -5 p.m.
Keystone Club	Hohenfels Teen Ctr/after school

WEDNESDAYS

Cooking Club	Vilseck Teen Ctr/4-5 p.m.
Teen Tournaments	Hohenfels Teen Ctr/3:30-5 p.m.
Cosmo	Hohenfels Teen Ctr/5-7 p.m.

THURSDAYS

Cooking Club	Hohenfels Teen Ctr/4-5 p.m.
Fitness Club	Hohenfels Teen Ctr/4-5 p.m.
Keystone Club	Hohenfels Teen Ctr/5:30-7 p.m.

FRIDAYS

Open Recreation	Vilseck Teen Ctr/1-7 p.m.
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SATURDAYS

Popcorn & Movies	Vilseck Teen Ctr/1-7 p.m.
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Teens Keep Busy in the Summer Hire Program

A Summer Hire's View

- Lyndy Axon

As an Army brat here in Germany, your job choices are limited, especially if you're under 18.

Sure, you can work for AAFES or Burger King, but try to get one of those jobs just for the summer. Like a lot of kids these days, I have a hard enough time just getting through the school day; add a job to that and you may as well forget sports or any social life at all! So a summer job is the much easier solution.

Well, without the BSB-sponsored Summer Hire program, it wouldn't be possible. Kids, like me, are assigned jobs at random for a few weeks in the summer. The best part is that the program doesn't start till late in June and ends early in August, so we still get a summer vacation.

The kids were given a very large variety of jobs, everything from veterinary assistants to "post beautification."

For example, my summer job this year was working for BSB headquarters. Mostly we were in charge of post beautification, which in layman's terms means picking up trash, pulling weeds, and painting buildings. That may sound like a horrible job, but on other days, we got to fill in all over post, wherever they could use an extra pair of hands. We got to do everything from assisting Post Police to helping with Vacation Bible School; it definitely made the weeks interesting for me.

Some other jobs this summer were laborers for DCA and Building 100, secretaries at ACS and CDC, assistants in the library, and many more.

Most kids that worked this summer had an opinion to offer on the subject of Summer Hire, whether it be positive or negative. Here's just a few of our thoughts:

"It was a fun learning experience," said Amanda Spoon, a clerical worker at the education center.

"They should raise the pay," was all Drew McBride had to say, a laborer for the chapel.

"Summer Hire helped me realize the job I want in the future," said Kelsey Axon, a secretary for the RCLNO.

"It was boring," said Aaron McBride, a laborer for BSB headquarters.

"Well, summer hire is a great experience for the youth. Without this great experience for the youth, I wouldn't have money to do great youthful stuff," said T.J. Peveler, also a laborer for the chapel.

Summer Hire has ended for this year, but it will be coming to a post near you next summer. Watch for information about Summer Hire job applications that will appear at your school around May 2005. Fill one out and see what you get.

You never know!



Photo by Sue Bluhm

Estelle Snoddy, Summer Hire in the Grafenwoehr Tax Relief Center, helps out Eve Romero at the computer.

On June 28, the 100th ASG Summer Hire Program began in Vilseck, Grafenwoehr and Hohenfels with 207 young workers starting their assignments.

Mrs. LaShonda Suetopka, Summer Hire Program Coordinator, CPAC Grafenwoehr, said, "I would like to thank all of the supervisors for providing this wonderful learning experience to work full time in a clerical or laborer position while having the opportunity to earn extra money for the summer. The Summer Hire Program got off to a wonderful start, and I feel confident that we will have the best program ever!"



Summer Hires busy at work throughout the 100th ASG communities.

Welcome Back to School!

GREAT Education: Goals, Resources, Engaged, Ask Questions and Time

- Steve Vojtecky, School Liaison Officer, 409th BSB

I hope you had a GREAT summer, and I am sure you all are looking forward to a GREAT school year. From the SLO, here are five suggestions that spell a GREAT Education: Goals, Resources, Engaged, Ask Questions, and Time.

GOALS - I encourage parents and students to set some personal goals. Don't leave the education process totally up to the school. Set some education goals of your own. For parents, such a goal might be to commit to spending a couple of hours a month in the school. For students, it might mean pledging to read an extra book or two each month, or qualifying for the National Honor Society. Or maybe even to help another student who isn't doing as well. The DoDDS curricula for all grades are available at the Web site odedodea.edu. But having your own goals helps you to be even more successful.

RESOURCES - Education involves students, parents, teachers, the schools and the community. We have many education resources throughout the BSB and ASG communities: great libraries and great teen centers (if you are a junior or senior and haven't visited a Teen Center lately, stop by and ask how you can get \$1,000 for college). ACS (Army Community Service) offers programs from financial counseling, to English as a Second Language, to parenting classes. BOSS even has single soldiers who have been to the elementary schools to read to children. We have the resources for GREAT educations.

ENGAGED - The E is be ENGAGED in Education. I think one of the best things we can do for our children's education is to be excited about our schools. The question we often ask is, "What did you do in school today?" A better question is, "What did you GET to do in school today?"

You don't have to be Excited and Engaged about Education every day but maybe at least two or three nights a week. This can be as easy as visiting the school and having lunch with your child; attending the school open houses; visit classrooms, review curricula and lesson plans; or join the Parent Teacher Student Association or serve on a School Advisory Committee.

ASK QUESTIONS - Ask your students questions, ask the teachers questions, visit the school, ask the SLO. You can attend the SAC and PTSA meetings and ask questions. Don't forget the most important question you can ask: "Is there anything I can do to help?" School handbooks contain lots of information on policies, awards, field trips, etc. After reading the handbook, you may still have questions; please ask us. You can even ask through the Internet: go to ice.disa.mil and follow the prompts to education. Asking questions and getting

involved leads us to the T in a GREAT Education.

TIME - It is always tough to find some time in our busy schedules. But to help accomplish the school education goals and your own education goals you should try to spend some time in three areas:

- Time, in the school
- Spend Time Reading
- Math

Information on school programs can be provided by School Liaison Officers (SLOs). In Vilseck or Grafenwoehr, call the SLO at 476-1770, or in Hohenfels contact Michele Wolff at 466-2783.

DID YOU KNOW? - A couple other goals you should be aware of if you have current or potential DOD high-school students. In order to graduate in June 2007, a student must have a cumulative GPA of 2.0 or higher to graduate. That is for classes completed from ninth through 12th grade. Seniors in June 2008 will also be required to obtain 26 credits to complete graduation requirements, up from 24 credits. Ask the high school for details.

Free and Reduced-Price Meals 2004

School begins Sept. 7, 2004, and school lunches will begin the same day. Reduced and free lunches are again available to eligible students, but you must apply in advance. If you were enrolled last year, you must still reapply every year. In-processing families should enroll upon arrival, and every year thereafter in July or August.

Pick up an application from schools or BSB Headquarters. Fill out the application; attach a copy of a current military or civilian LES; attach a copy of proof of any other income (AAFES payroll check stub, child support statement, Kinder geld, German employer slips, etc.); and submit completed application and income amounts to School Liaison Officer. Coupons are free for free lunch and 40 cents per meal for reduced.

Some important reminders are:

- Total number in family means number of persons actually living here. It does not include children in the States, even if child support is being paid.
- If income or family size changes, remember to submit a new application within 30 days.
- Income is pretty much defined as any money coming to household.
- Free-Reduced coupons cannot be used by anyone other than eligible recipients.

For more information, please contact your BSB School Liaison Officer (SLO), Michele Wolff at 466-2783 or "School" Steve Vojtecky at 476-1770.

Welcome Seventh Graders - Are You Ready?

Graduates of the Class of 2009

- Rebecca Womach, 9th Grader

Welcome, Vilseck Middle/High School seventh-graders! It is the year 2004-2005, and you're graduates of the Class of 2009. We hope to have one fun and interesting year with all of you.

Now since you are seventh-graders, you are expected to do your best at school. About your classes: You have seven periods: five that you are required to take and two that are your electives. Hopefully, Mrs. Grant came to the Elementary School and talked to you about your classes. You have to take science, English, Math, Geography, and P.E.

Most of the fights that happen in this school are with the seventh-graders, because you talk about a person, or you think that if you fight you get noticed or get popular. News flash: you will not become popular this way, and people will think you're insecure for fighting. All you need to know is to keep your comments to yourself. And if you get in a fight, you can get suspended or expelled. How do you get expelled? There are lots of ways, like bringing weapons to school. My advice for you is to keep everything at home. Keep your Walkmans at home or they could get taken away and you won't get them back until the end of the school year or when your parents come and pick them up. Just do not bring anything that you do not need, because it will be taken away.

Now, you're in your first three classes wondering when it will be time for lunch. Do not worry; time will pass sooner or later. Just don't keep looking at the clock, because time will go slower. First period starts at 8:10 a.m. You get from 8-8:10 a.m. before you get a tardy. First period ends at 9 a.m. You get five extra minutes to get to your second- period class. Second period starts at 9:05 a.m. and ends at 9:55 a.m. Then you get five extra

minutes to get to your third-period class.

Third period starts at 10 a.m. and ends at 10:50 a.m. Finally, lunch, the moment that all of you have been waiting for!

Lunch starts at 10:55 and ends at 11:20.

Unfortunately, you cannot go off campus even when the high-school students have lunch with you. You are not allowed to go

off campus, not even with an older sister/brother. They can get the food for you. Just stay on campus; you save a long trip and you won't get in trouble. Then all you have to worry about for the rest of the day is succeeding, getting to class on time and the last four periods. Then at 3 p.m. school is finally over.

If you try to have fun, seventh grade will go by so fast, but if you complain or get into any trouble, you will have a long and hard seventh grade. Keep it on the bright side; your life will be easier. There will be lots of fun things like pep-rallies. Last year, because the seventh-graders were well behaved, they requested a field day. There are assemblies that are nice to go to and fun. You could join a sport, but since you are middle-school students, you might not be on the Varsity team; for some sports you have to wait until you are a high-school student. Other things that are fun are days that you have a fire drill or evacuations, because you get out of class.



Rebecca Womach is the Summer Hire at the 282nd BSB HQ.

Teen Centers Travel & Learn During the Summer!

VILSECK TEEN SERVICES

September News at the Falcon's Nest

- Travies Mims, Vilseck Youth Center

During this past summer, the Vilseck Falcons' Nest Youth Center staff had the pleasure of working with a good group of camp counselors who showed a lot of care and concern for our youth. It will be sad to see them leave, but they will be greatly missed.

The Falcon's Nest Teen Center would also like to extend a word of thanks to everyone who helped us out Aug. 21 during our National Project and that helped make our program a success. If it had not been for the tireless efforts of everyone, then this project would not have been such a success.

Teen Centers continued on page 23



The 1st Place winners of the 100th ASG Battle of the Bands, from left: James Johnson, James Fant, Anthony Amabile and Juan Carlos Aviles

Teen Centers Travel & Learn During the Summer!

HOHENFELS TEEN SERVICES

"Vipers" Recognized For Community Service

The Combat Maneuver Training Center's Combat Camera Team, the Vipers, came into the spotlight in April. During the monthly Hohenfels Community Information Exchange, seven Viper members were recognized for volunteering their services to the Hohenfels Teen Center to promote technology programming. On March 16, the team brought their mobile video production van to the Teen Center and produced "Lights! Camera! Action!" As they took turns operating professional television cameras, sitting behind the van's editing station, and acting as reporters, teens were afforded the opportunity to experience life behind and in front of the camera. Besides offering a fun afternoon, the visit was also rewarding because teens were able to go "hands-on" with the equipment while members of the Vipers mentored them in the fine art of video production. For their community service, the team was presented with a special photo plaque signed by both the CYS chief and the 282nd BSB commander recognizing the seven members and saying "thanks" for taking time out of their busy schedule and making the event most worthwhile for the teens at Hohenfels.



The Viper members produced "Lights! Camera! Action!"

Six Flags Belgium Trip

June 12 was a big day for the 27 Hohenfels teens and three staff members that participated in the Teen Center's Six Flags trip to Belgium. The bus departed from the Teen Center at 12:30 a.m. Saturday and arrived at the park in Belgium at about 10 a.m. The next seven hours were filled with fun and laughter. The Teens had a blast as they went on roller coaster after roller coaster and enjoyed taking pictures with the many different Looney Tunes characters.

The park provided a comfortable atmosphere for children and adults of all ages. Amenities included rides, games, and resting areas, including inexpensive food courts.

On the bus ride back to Hohenfels, the teens expressed their excitement just as sleep overcame them all.



A falcon soars over the fascinated crowd at the Falcon Show.

GRAFENWOEHR YOUTH CENTER

Falcon Show and Donau River Trip

- Jim Dicks

The Grafenwoehr Youth Center recently sponsored a trip to the Donau River and Falcon Show.

Youth from Grafenwoehr and Vilseck floated down the Donau River, where they were able to view many ancient ruins and other historic landmarks, leading to the city of Kelheim.

Prior to their boat ride, they traveled to the town of Riedenburg and watched a Bird Show at the castle Rosenberg. Youth and staff members were astounded by the acrobatic feats of owls, eagles, large and small hawks and large buzzards. Gigantic scavenger birds amazed the audience by soaring among those who attended the show. The youth received a "bird's eye view" of the size and flight power of the huge vultures as the birds flew in their direction. Our brave youth withstood the aerial attacks and enjoyed the demonstration.

Hispanic Heritage Month and Phantasialand Amusement Park Trip

- Maria Doeden

The Graf Youth Center had a great time going horseback riding this summer. The horse riding school in Pressath gave them a year-round invitation. Youth had the opportunity to experience how to care for and ride a horse.

The Torch Club would like to invite all sixth-through 12th-grade students to join them for the Hispanic Month Celebration on Wednesday, Sept. 29. See the beautiful display that was assembled by Torch Club participants; sample some Hispanic food prepared by the cooking club; try your luck at winning a prize in the Hispanic Trivia game; and learn basic Spanish words and listen to music from different countries.

The Center is offering a trip to Phantasialand Amusement park near Cologne. The bus will depart at 4 a.m. Saturday, Sept. 25. Bring 25 Euro for the entry fee. It is open to sixth- through 12th-graders from Graf and Vilseck. Sign-up deadline is Sept. 20.

LeAnn Rimes Presents the 100th ASG a Free Concert on Sept. 24

Featuring the Concert and a Big Party, Barbeque, Children's Activities, Autograph Sessions & more!



If it seems like LeAnn Rimes has grown up in front of our eyes, that's because she has.

The Jackson, MS-born, Garland, TX-raised, Grammy-winning artist, who released her first indie album at the age of 11, is now 21; with a list of accomplishments that belies her youth.

During her remarkable, decade-long career, Rimes has proven she is more than just "that girl with the Patsy Cline twang" that broke through with the hit song "Blue" and went on to headline several international tours and make countless TV appearances.

The young veteran has had a role in a hit motion picture (Coyote Ugly), authored a series of children's books with her husband Dean Sheremet (JAG and Jag's New Friend) and is currently the spokesperson for Children's Miracle Network, a noted charity that raises funds for hospitals for young people.

Rimes' most recent Curb Records album, LeAnn Rimes Greatest Hits (To Be Continued), includes 16 of her chart smashes, and two new tracks, including the hit track "This Love". The release is also available in a special DVD edition which includes videos, performance footage, home movies and behind-the-scenes of LeAnn Rimes' career.

Testifying to LeAnn's international following, the album has sold more than a million copies worldwide, debuting in the U.K. at #2, lodging in the Top 10 in Sweden and Germany, going platinum in Ireland and the UK, plus spending six weeks straight at the top of the charts in

Taiwan.

With all she's accomplished, Rimes has her sights firmly on what lies ahead. "Turning 21 is one of those rare moments that you can take to look back on your progress and look forward to the future at the same time," she said.

Since the debut of Blue in 1996, Rimes has released seven additional albums, including two compilations of early material ('97's You Light Up My Life/Inspirational Songs and Unchained Melody/The Early Years, both of which went to #1 on Billboard's album chart) and last year's greatest hits package. Blue earned the then-13-year-old phenom a pair of Grammys for Best New Artist and Best Country Female Vocal for the title track. Rimes also became the youngest person ever to win the Country Music Association's Horizon award and Best Country Singer. The RIAA-certified multi-platinum Blue has since gone on to sell eight million copies worldwide.

A string of hits followed, including a pair of Diane Warren compositions that were prominently featured in the soundtracks of hit films. "Can't Fight the Moonlight" was one of four songs Rimes contributed to the multi-platinum Coyote Ugly soundtrack, a film she also had a role in, spurring her interest in acting. The Coyote Ugly soundtrack spent more than 100 weeks on the country and pop charts, peaking at #1 and #10, respectively. Rimes and Warren have a great track record together: LeAnn's classic rendition of Warren's "How Do I Live" is the longest-running single in the history of the Billboard Hot 100 charts.

Rimes' follow-up to Blue, 1998's Sittin' on Top of the World, went #3 pop, #2 country; '99's LeAnn Rimes peaked at #8 pop and #1 country; while 2001's I Need You cracked the pop Top 10 and once again topped the country charts. In all, five of her albums have gone to #1 on the country charts, and she has won the Billboard Award twelve times.

With the release of her studio CD, Twisted Angel in 2002, LeAnn has emerged as a writer and producer in her own right, dabbling in new genres like R&B/funk, blues and even dance-floor techno. Her collaborations with top-notch producer/songwriters such as Peter Amato and Gregg Pagani, resulted in hit songs like the single, "Life Goes On."

Last summer, Rimes contributed yet another Diane Warren-penned song, "We Can" to the Legally Blonde 2 soundtrack. After a spate of TV appearances on The View, Good Morning America, An American Celebration at Ford's Theater and CBS' Independence Day Special, she launched an extensive U.S. tour last July in Albuquerque.

After relocating from L.A. to Nashville with her husband, seven dogs and two cats, she launched the publication of JAG, the children's book she penned

with him, illustrated by award-winning artist Richard Bernal. It told the story about a small jaguar with a big roar and a tiny secret that made her a target for teasing at school, with an autobiographical moral about resisting peer pressure, making good choices and trying new things. Jag's New Friend, the second installment in the JAG series, is set for release in August.

In September of 2003 Rimes toured Australia and New Zealand. Last year, she appeared on a special episode of 48 Hours. This year she has appeared on The Ellen DeGeneres Show, the Tonight Show with Jay Leno, On-Air with Ryan Seacrest, Live with Regis & Kelly, ABC's Extreme Home Makeover and the Late, Late Show with Craig Kilborn. She visited England to promote the release there in February of LeAnn Rimes Greatest Hits, and the album subsequently debuted at #2, her highest-charting record ever in the U.K.

In March, Rimes was named as "the voice" of Children's Miracle Network, serving as international spokesperson for the children's charity devoted to raising funds for children's hospitals. In making the announcement, Rimes had a private meeting with President Bush in the oval office of the White House. Rimes had previously established a therapeutic rehabilitation facility, the LeAnn Rimes Adventure Gym, at her adopted hometown Nashville's Vanderbilt Children's Hospital, part of the Children's Miracle Network.

"It has become a very rewarding experience to be involved with the children," said LeAnn. "I am inspired by their spirit and bravery. Meeting a three-year-old cancer survivor or a kindergartner with a strong new heart, all of whom have been helped by Children's Miracle Network, has motivated me to become actively involved with my time and my heart. It's a gift to be able to be of help."

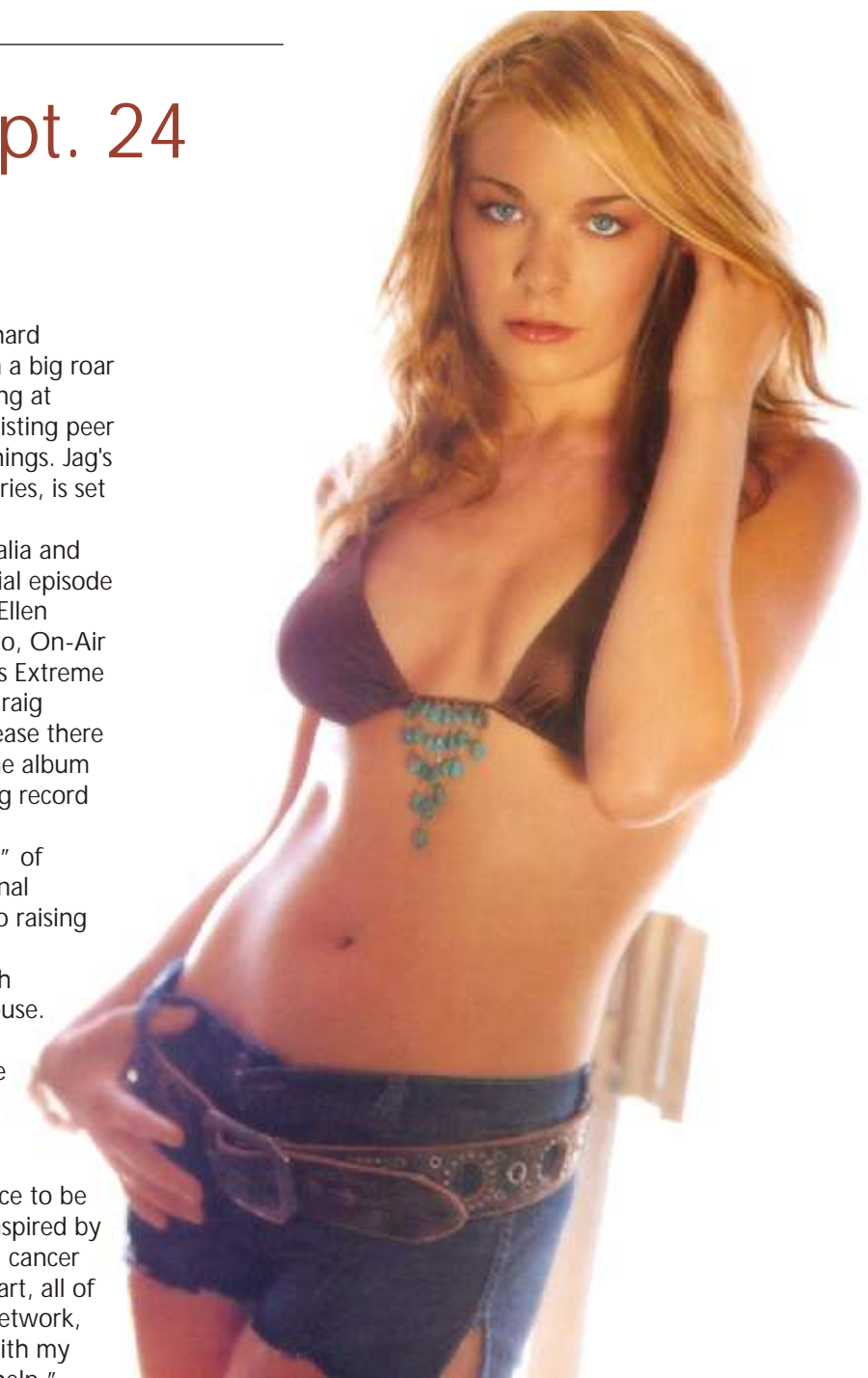
But it's still the music that will continue to define LeAnn Rimes.

"I'm the same person, just at a different place in my life," she said. "I've had a lot of unique experiences and I've put them in my music."

With the first 10 years of her career, LeAnn Rimes has established an impressive track record and in the process sold 27 million albums. But the parenthetical phrase added to the title of her recent greatest hits album is probably the best clue to how she feels about her future - "To Be Continued."

DISCOGRAPHY

Blue (1996) (Highest Billboard Position: #3, Country #1)
Unchained Melody/The Early Years (1997) (Highest Billboard Position: #1, Country #1)
You Light Up My Life/Inspirational Songs (1997) (Highest Billboard Position: #1, Country #1)
Sittin' on Top of the World (1998) (Highest Billboard Position: #3, Country #2)
LeAnn Rimes (1999) (Highest Billboard Position: #8, Country #1)
I Need You (2001) (Highest Billboard Position: #10, Country #1)
Twisted Angel (2002) (Highest Billboard Position: #12, Country #3)
LeAnn Rimes Greatest Hits (To Be Continued) (2003) (Highest Billboard Position: #24, Country #3)



VILSECK FREE CONCERT

for I.D. Cardholders & guests

SEPTEMBER 24

TIME TO BE ANNOUNCED

VILSECK AIRFIELD

Shuttle Buses Available

OUTDOOR ACTIVITIES

BARBEQUE

CHILDREN'S GAMES

AUTOGRAPH SESSIONS

AND MORE!

Watch for details coming soon!

Listen to AFN for info!

An Amusement Park for Kids of All Ages

Wild Flight in the Wonderland



At the "Fraenkisches Wunderland" amusement park in Plech, located directly at the A9 between Nuernberg and Bayreuth in the nature reserve "Fraenkische Schweiz," visitors find fabulous adventures and various amazing attractions for the whole family and every age.

This season, a brand-new attraction promises a very special fun ride: the new slingshot "Fort Laramie" catapults its passengers up to a height of 65 meters and guarantees a pure thrill. From 0-180 km/hour in 1.2 seconds: The new fun ride located in the middle of the western-city, "Kansas City," is not for those with weak nerves. For the racy riders, the passengers are fastened into an open metal cube and then catapulted without jerk 65 meters high up in the air. There, one can enjoy unforgettable moments of absolute zero gravity and a fantastic view over the park. Free falling at a rapid speed, it then goes back to earth. There, the daring passengers can take home a video of their wild flight.

"Kansas City" offers visitors various other attractions. Little cowboys can dig for gold in the gold mine, or have a racy ride with the roller coaster or an unhurried one with the original stage coach through the streets of "Kansas City." The parents, meanwhile, can enjoy a cool beer or an original western meal in one of the cozy saloons.

A ride in one of the covered wagons of the giant wheel offers an amazing view over the nature park "Fraenkische Schweiz Veldensteiner Forst." At the Indian camp, you can enjoy a barbecue (you can bring your own food and beverages) and then see original dances of native Mexican Indians in a Mandan earth house. A pleasant walk through the fairy-tale forest shows the most popular fairy tales, and you can meet

Little Red Riding Hood, Snow White and many others there.

With the toboggan run, you can coast down to the valley again and pass fire-breathing dragons and giant dinosaurs on the way. At the "treasure-search," little explorers can search for the big mammoth and dig out a mammoth skeleton in its original dimensions. The climbing mountain "Himalaja" and the huge moonwalk are a challenge for every active kid.

A paradise for toddlers is the big Babyland, where little children find mini-carousels, bobby cars, bouncy castles and a lot of colorful toys. Brand new this season is the campaign "pacifier-sky." Kids who don't need their pacifiers anymore can exchange them at our cash point for a little present. For 10 pacifiers, you get a free ticket for the park. The pacifiers will be hung up in our new "pacifier sky" in Babyland.

Also new in this season is the "happy-hour-120 minute-ticket." With this new option, the amusement park offers its guests two hours of fun and action for a bargain price: 5 Euro for visitors taller than 1,40 meters and 4 Euro for children from 1 meter to 1,40 meters. The happy hour ticket is only available on Fridays from 10 a.m. -5 p.m.

Everyone who feels like enjoying a great day with the whole family can visit the "Fraenkisches Wunderland" until Oct. 3, open daily from 9 a.m.-6 p.m.

Freizeitpark Fraenkisches Wunderland
Zum Herrlesgrund 13, 91287 Plech/Ofr.

Location: Located at the A9 Nuernberg-Berlin, exit Plech

Prices: Adults 11,00 Euro, Children from 1 meter to 1,40 meters 9.50 Euro; Children under 1 meter free!

Information: call 09244-989-0 or www.wunderland.de

Hispanic Heritage Month Activities

Celebrate in the 100th ASG

KIDS' ESSAY AND POSTER CONTEST

"What Hispanic Heritage Month Means To Me"

Between Sept. 15-Oct. 15. For kindergarten-6 grade with a theme of "What Hispanic Heritage Month Means To Me." Winning essay and poster to be published in the Bavarian-American magazine. Prizes for 1st-3rd place in each contest.

For information: 476-2292, 475-8038/7215

HOHENFELS

"Enhancing the National Tapestry"

Oct. 2, 4 p.m. to midnight at the Community Activities Center, Bldg. 40. Festivities will include: modeling display-costumes of different cultures, dance performance by Fuego Andaluz, food sampling, DJ/dancing. Guest speaker will be Mr. James Martinez, Military Combat Analyst

For information: 466-2440/4102/4426/2052.

VILSECK

"Hispanic Americans - Making a Difference in Our Communities & Nation"

Hispanic Heritage Month Fiesta
Sept. 18, 1-5 p.m. at the Langenbruck Center. Featuring entertainment, dancing, ethnic displays, food sampling, traditional dress, live AFN broadcast.

Guest Speaker will be Ms. Ernie Moya.

For information: 476-2292, 475-7215/8038

GRAFENWOEHR

Kids' Celebration at the Graf Library

Spanish Story Hour Sept. 19, 2-3 p.m.

Oct. 3, 2-3 p.m.

Movies & Cartoons Sept. 26, 2-3:30 p.m.

Oct 10, 2-3:30 p.m.

For information: 475-1740



THANKS TO ALL VOLKSFEST VOLUNTEERS!

couldn't have done it without you. . .



V Graf Volksfest

The 47th Annual German-American Volksfest held 30 July - 1 August 2004 saw nearly 50,000 visitors with approximately 8,000 donations of Euros to the GACC fund!

Consumed:

42,000 burgers
6,000 tacos
4,000 corn-on-the-cob
9,240 ice-cream
2,500 lbs spare ribs
5,000 Am. bottles beer
8,000 German beer
(2,114 gallons)

An Evening of One-Act Plays October 4-5

Hohenfels' Box Seat Theater Presents a Walk Through the Years

- Joanne Love, Special Events Coordinator, Hohenfels

The Hohenfels Box Seat Theater will present An Evening of One-Act Plays Oct. 4-5. This evening of drama will feature the following works:

- ▶ It's bedtime; it's the 1950s, and that's when two adolescent girls begin sharing their thoughts about life, love, family and their dreams. Perhaps, you, too, shared these same thoughts and dreams. Hear what Kitty and Tina have to tell us.
- ▶ Discover "first love" with John and Mary, a teenage boy and a teenage girl, while they sit on the stoop of their big-city apartment building. This scene sets the stage for the one-act play, "The Red Coat."
- ▶ Life in the '50s and '60s, however, wasn't always just rosy thoughts and young love. To many ethnic groups, life in America was very different. We visit Dearborn Heights, where two African-American women discover that perhaps their choice for a lunch meeting should have been better thought out.
- ▶ Our evening of plays now moves into a more

current age where Denny, a professional food photographer and Mona, a professional hand model, meet for a commercial photography session. What "develops" will surprise and delight us all in the fast-paced, hilarious, one-act play "Finger Food."

- ▶ Finally, we get to meet three soccer moms as they discover not only the ups and downs and side-to-side elements of the fun game of family soccer but they also discover their shared ups and downs and side-to-sides of their lives. Learn the secrets of Alison, Lynn and Nancy as they enjoy, enrage and endure another Sunday in the park.

Come share and enjoy with us as The Hohenfels Box Seat Theater presents An Evening of One-Act Plays on Monday and Tuesday evenings, Oct. 4-5 at 6 p.m. at the Community Activities Center.

Tickets are \$5 for adults, \$3 for students and \$2 for any soldier in uniform. Tickets are available at the door or by calling the Hohenfels Box Seat Theater information line DSN 466-2340, civilian 09472-83-2340 or just stop by the CAC.

Dining & Entertainment in the 100th ASG

Tower View Restaurant and Conference Center

- Kathy Heater

MONTHLY SPECIAL DINNER

Mexican All-You-Can-Eat Buffet

Sept. 17, 5-8 p.m.

Adults-\$11.95; children 9 and under-half price.

Menu - Chicken enchilada, Mexican rice, taco salad, tacos, chips and salsa, iced tea, lemonade and coffee, assortment of desserts

NOTE: Reservations are required for the Mexican All-You-Can Eat Buffet! If not enough reservations are taken, this event will be cancelled and you will be notified.

LUNCH SPECIALS

Shrimp South Beach Salad \$6.50

Salad consists of salad shrimp, chopped green and red bell peppers, quartered artichoke hearts, pimiento-stuffed olives, mixed greens, hard-cooked eggs, and tomatoes tossed in extra-virgin oil, wine vinegar, Dijon mustard, salt, and ground black pepper.

Nutrition at a Glance - Per serving: 376 calories, 22 g protein, 15 g carbohydrates, 17 g fat, 2 g saturated fats, 710 mg sodium, 71 mg cholesterol, 6 g fiber.

Greek Salad with Grilled Chicken Breast \$6.50

Salad consists of peeled, seeded and sliced cucumber, chopped tomato, sliced red onion, and feta cheese tossed in extra-virgin olive oil, lemon juice, salt and oregano.

Nutrition at a Glance - Per serving: 501 calories, 22 g protein, 25 g carbohydrates, 38 g fat, 10 g saturated fats, 2300 mg sodium, 30 mg cholesterol, 6 g fiber.

Sept. 1	Grilled Bratwurst
Sept. 2	Grilled Rib-Eye Steak
Sept. 3	Baked Trout
Sept. 6	Closed for Labor Day

Sept. 7	BBQ Ribs
Sept. 8	Chicken Enchilada
Sept. 9	Grilled Teriyaki Chicken Breast
Sept. 10	Shrimp Alfredo
Sept. 13	Kenney's Tico-Taco Chicken Breast
Sept. 14	Bulgogi
Sept. 15	BBQ Chicken
Sept. 16	Schnitzel Milano
Sept. 17	Flounder and Popcorn Shrimp
Sept. 20	Seasoned and Grilled Pork Steak
Sept. 21	Lasagna
Sept. 22	Roast Pork
Sept. 23	Sweet and Sour Chicken
Sept. 24	Flounder and Popcorn Shrimp
Sept. 27	Meatloaf
Sept. 28	Fried Chicken
Sept. 29	Lasagna
Sept. 30	Schnitzel

Come to the Tower View for breakfast or lunch and enjoy a quick get-away. The relaxing atmosphere is just the touch to regenerate you for the rest of the day. Lunch offers a hearty special of the day, a variety of great sandwiches, soup of the day and salad bar. Call ahead for take-out orders.

DSN 475-6200 or Civilian 09641-83-6200.

Breakfast	Monday-Friday, 6:30-9 a.m.*
Lunch	Monday-Friday, 11:30 a.m. - 1:30 p.m.*
Catering Office	Monday-Friday, 9 a.m. - 4 p.m.*
Antiques Sales	Monday-Friday, 9 a.m. - 4 p.m.*

* closed Saturdays, Sundays & American holidays



The wait is finally over.

After months of intense planning and a whirlwind make-over, The Zone will open its doors this month in Bldg. 150, former home of the Great Escape.

The name isn't all that's changing. The facility has gotten a facelift as well as a new focus.

The new look involves more than 20 televisions, including two big-screen plasma TVs, and a number of electronic games, including Trivial Pursuit for the bar. The new theme is fun with a focus on sports and games. The new look is being unveiled just in time for football season, which will take center stage during the fall months.

The televisions will broadcast a wide variety of sporting events thanks to a premiere satellite service. The latest DVDs will be shown on a television reserved just for

Great Escape Opens The Zone

- Heidi Fedak

that purpose in one area of the facility.

The facility's interior received an overhaul of sorts to reflect its new use. The new décor features sports paraphernalia ranging from kayaks and canoes to skis and sleds. Posters of sports stars hang on the walls.

In keeping with the new theme, The Zone will feature a limited food operation, focusing on snacks and bar-type foods like hot dogs and chips.

The facility's grand opening is set for Sept. 10 and will include food and freebies as well as games and giveaways. The fun will kick off at noon and continue throughout the day and into the night.

After that, the facility will feature a four-day-a-week operation. The hours will be 4-9 p.m. Thursday, 4-11 p.m. Friday, 2-11 p.m. Saturday, and 1-6 p.m. on Sunday.

For more information on The Zone, call 466-2000. We look forward to seeing and serving you on Sept. 10!

Free Time in the 100th ASG

1-30 Sep
409th BSB Wrestling Registration Graf Sports

1, 8, 15 & 22 Sep
Photo Quilt Class Graf Arts & Crafts/8:30-11 a.m.

2, Thursday
Thursday Night Scramble Vilseck Golf Club
BOSS Meeting Vilseck Yesterday's Club/1 p.m.

3-5 Sep
409th BSB Labor Day Softball Tournament Graf Sport

4, Saturday
Basic Sewing Vilseck Arts & Crafts/10 a.m.-noon

6, Monday
Golf Club Championship (H) Vilseck Golf Club

7, Tuesday
Wreath Class Vilseck Arts & Crafts/4-6:30 p.m.

8, Wednesday
U/L Flag Football Begins Hohenfels Sports

9, Thursday
Framing Class Graf Arts & Crafts/6-9 p.m.

10, Friday
THE ZONE GRAND OPENING Hohenfels Bldg.150/noon

11, Saturday
409th BSB X Country Fun Run (5, 10 & 15 Km) Graf Sports
Community Garage Sale Hohenfels CAC/10 a.m.-2 p.m.

11, 12 Sep
White Water Rafting Trip to Austria BOSS

11, 12 & 19 Sep
Wedding Basket Class Graf Arts & Crafts/9 a.m.-4 p.m.

15, Wednesday
Family Night Graf Library/5:30-6:30 p.m.
Tea for Housewives &
Stay At Home Moms Graf Library/10-11 a.m.

16, Thursday
409th BSB U/L Flag Football All-Star Game Graf Sports
Scrap Booking Club Vilseck Arts & Crafts/5:30-7:30 p.m.
Scrap Booking Club Graf Arts & Crafts/10 a.m.-Noon

17, Friday
Mighty Moe Bingo Hohenfels CAC/6:30 p.m.

18, Saturday
Clay Pot Magic Vilseck Arts & Crafts/2-5 p.m.
Basic Framing Hohenfels Arts & Crafts/1 p.m.

23 & 30 Sep
Polar Pals Table Runner Vilseck Arts & Crafts/6:30 p.m.

25, Saturday
Dog Fight (H) Vilseck Golf Club
Framing Class Graf Arts & Crafts/9 a.m.-Noon

27, Monday
Community Book Club Hohenfels Library/6 p.m.

Monday-Wednesday
Variety Music Graf B & E Ctr/5-11 p.m.

Mondays
Casino/Video Arcade Night Graf B & E Ctr
Breakfast Club Vilseck Arts & Crafts/9:30 a.m.-12:30 p.m.

Tuesdays
Karaoke Vilseck Yesterday's Club

Wednesdays
R&B Night Vilseck Yesterday's Club

Thursdays
Karaoke Night Graf B & E Ctr

Craft Club Graf Arts & Crafts/4-6 p.m.

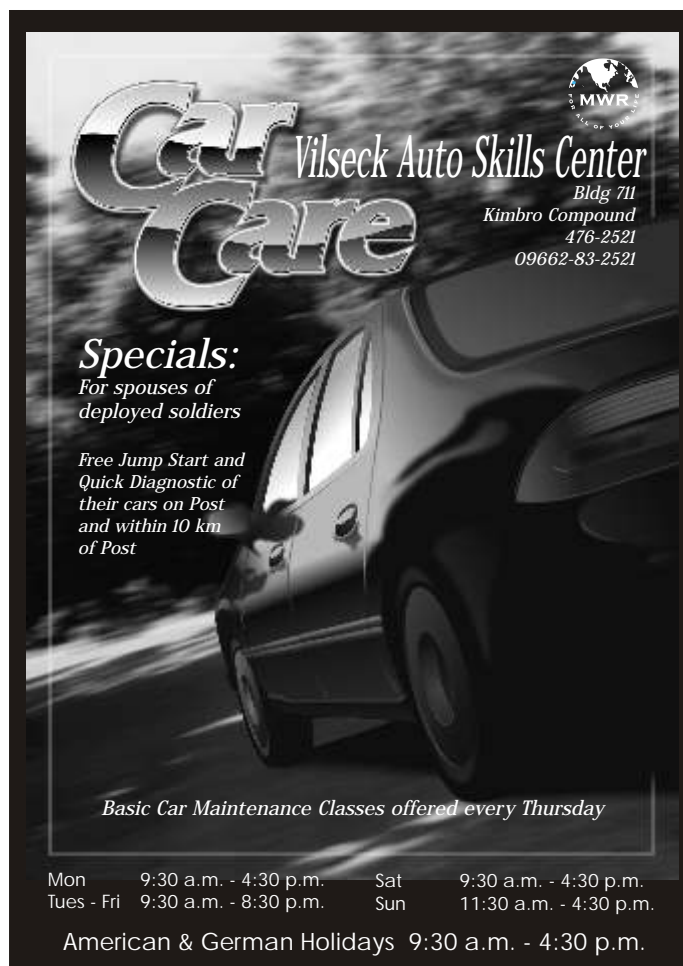
C&W Night Vilseck Yesterday's Club

Beginners' Quilt Class Vilseck Arts & Crafts/6:30-8:30 p.m.

Basic Car Maintenance Vilseck Auto Skills Ctr

Fridays
R&B Night Graf B & E Ctr

Saturdays
C&W Night Graf B & E Ctr



Car Care Vilseck Auto Skills Center
Bldg 711
Kimbrow Compound
476-2521
09662-83-2521

Specials:
*For spouses of
deployed soldiers*

*Free Jump Start and
Quick Diagnostic of
their cars on Post
and within 10 km
of Post*

Basic Car Maintenance Classes offered every Thursday

Mon	9:30 a.m. - 4:30 p.m.	Sat	9:30 a.m. - 4:30 p.m.
Tues - Fri	9:30 a.m. - 8:30 p.m.	Sun	11:30 a.m. - 4:30 p.m.

American & German Holidays 9:30 a.m. - 4:30 p.m.

Vilseck

A German town with a special relationship



Dagestein Castle



The town of Vilseck, situated directly at the southern end of the military training zone in Grafenwöhr, is an old town formerly belonging to the prince-bishops. The community can look back on more than 1,000 years of history. The oldest building in town, the Dagestein Castle on the River Vils, dates back to the year 930. In the course of the centuries, the town was not spared the ravages of fire, and it was often necessary to completely rebuild parts of the castle.

The stronghold of Dagestein Castle was renovated just three years ago and since then offers everyone an opportunity to glimpse the wonderful view of the town from its look-out tower. Just recently, work on the castle's interior was completed. Here rooms, which are suitable for conferences or public and private celebrations, create a historical ambience and are available for rent. Frau Zippe from the town administration in Vilseck (Tel: 09662 / 9911) will be pleased to give more information to anyone interested in renting one of these rooms.

The people of Vilseck are regarded as sociable and

friendly and fond of celebrating. During the carnival season in winter, various organizations in the town hold special carnival dance evenings. In the summer months, the various parts of the town hold the traditional 'Kirchweih or Kirwa' celebrations, which often take place either in villages such as Sorghhof, Schönwind or Schlicht or even in large tents. The last of these celebrations is traditionally that of the junior Fire Brigade which is held on the grounds of Dagestein castle.

On the first weekend in August, the Brunnenfest (fountain festival), the biggest of Vilseck's annual celebrations, is held on the market square. The fete is organized by the music association in Vilseck (Musikverein) and is supported by other bands who together contribute to an exceptional musical atmosphere. Both the Musikverein Vilseck and the second largest band in the area, the Werkvolkkapelle from Schlicht, go to great lengths to encourage talent among young people and offer instruction in many different instruments. The importance placed on music within the city walls of Vilseck is further seen in the annual classical open-air concert held in the courtyard of Dagestein Castle as well as in the traditional Christmas concert held every year on Dec. 26 in St Egidius parish church.

Every year on Sept. 14, the festival of the raising of the cross is held at the small hillside chapel between Vilseck and Gressenwöhr. The main purpose of this festival is religious devotion and meditation. After that, what about a liter of refreshing beer and grilled sausages in the beer tent?

On the documented walking and cycling routes, you pass through a constantly changing countryside, where many rare plants can be found. The various sports clubs offer the opportunity to keep fit whether it is by gymnastics, tennis, football, bowling, shooting, taek-won-do or skiing in winter with the help of the lift in Unterweißenbach. Or what about going fishing on the river Vils or one of the many fresh-water ponds?

One thing which has to be mentioned is the very special relationship between the local people and the Americans stationed here. In Vilseck, there is a special German-American Kontakt Club. This club is responsible for organizing special joint events especially for those involving children. These play an important role in strengthening the involvement in the community.

Further information can be obtained from the municipal offices in Vilseck, Tel: 09662 / 990 or by email stadt.vilseck@asamnet.de or from the homepage of Vilseck under www.vilseck.de.

Events in September:

- | | |
|-------------|--|
| Sept. 4 | Wine party organized by SV Sorghhof in the sports club building Heringnohe |
| Sept. 4-6 | Village festival in Ebersbach |
| Sept. 11-19 | Week of the festival on the hill |
| Sept. 16 | Weekly meeting of musicians in Gasthaus Ströll, Schlicht |
| Sept. 19 | Paper chase organized by the Pony Club, Vilseck |

Outdoor Recreation

HIKING:

Lake Garda Hiking Weekend

Oct. 8-11

Come with us to Italy to hike "Monte Baldo" on Saturday and on a sightseeing tour around Lake Garda on Sunday. Test the new wine and enjoy original Italian food.

Cost is \$189/person, which includes transportation, three overnights with breakfast and dinner, guided tours and a lift card.

Departs Graf at 10:30 a.m., Vilseck 11 a.m. Minimum participation: 6

Sign up by Oct. 1. NO DINNER

ROCK-CLIMBING:

We will set up our 40-foot climbing wall every Tuesday at the GTA ODR parking lot and every Wednesday at the Vilseck ODR parking lot.

MOUNTAIN BIKE RIDING:

Every Thursday, we will organize an evening mountain bike tour to different local bike trails. We start at 4 p.m. in Graf and at 4:30 p.m. in Vilseck.

Cost is \$5/person, which includes transportation and a guided tour.

100th ASG Mountain Bike Race

Sept. 12 (see page 31)

PAINTBALL:

Paintball - Every Thursday morning "Sergeants' Time" Paintball. Other dates are also available; contact ODR from more details.

100th ASG Paintball Championship

Sept. 11

Entry fee is \$25 per team (see page 44)

FISHING:

There are more than 14 lakes and streams in the 409th BSB area. These waters are stocked with a variety of fish including pike, walleye, eel, perch, catfish, carp, white-fish and all types of trout.

Events:

Sept. 12: Sand Holes (Graf) 6-11 a.m.

Oct. 17: Annual Pike event at Big Mike Lake (Vilseck), 8 a.m.-3 p.m.

Kids' Fishing Program

In conjunction with the Graf Teen Center, the fishing coordinator hosts a youth fishing program. Anyone who is interested in participating must register at the Teen Center. The classes/events are offered the last Friday of each month. Participants in this program do not need equipment; ODR will provide it as needed.

Sept. 24

Oct. 29

SCUBA

Local Dive Trip to Lake Steinberg

Evenings and weekends

Cost is \$20/person, which includes two tanks, equipment and transportation.

Graf ODR

Monday, Tuesday, Thursday, Friday 11 a.m. to 6 p.m.

Closed on Wednesday, Saturday, Sunday and American Holidays

Bldg. 600

Tel: 475-7402 or 09641-83-7402

Hohenfels ODR

Monday, Tuesday, Thursday and Friday: 12:30-5:30 p.m.

Wednesday, Saturday, Sunday and American Holidays:

Closed

Bldg. H-15

Tel: 466-2060 or 09472-83-2060

Vilseck ODR

Vilseck: Monday Friday 11 a.m. 5:30 p.m.

Bldg. 2236

Tel: 476-2563 or 09662-83-2563

HIGH ROPES ADVENTURE TRAINING (GRAF ODR):

What is the Ropes Course?

The Ropes Course (Hochseilgarten) is a series of elements used to help individuals and groups work better as a team, improve their communication skills within groups, and build confidence in individuals. The Ropes Course is designed and constructed to offer any combination of at least 25 elements, which can be divided into four groups:

- Initiative elements
- Low elements
- High elements
- Climbing towers

A high level of safety is ensured at all times. Facilitators will ensure the quests given match the capabilities of the group.

This type of training is unique and only offered at a few locations. Military units as well as civilian organizations or groups may use it.

The Ropes Course can be used for individuals and presents the same challenges as rock climbing. This programming option addresses the same objectives as the group initiatives:

- Enhancing self-esteem while promoting physical fitness
- Encouraging adventure, risk-taking and attempting the unusual
- Encouraging people to simply try their best
- Serving as a metaphor for discussing lessons learned (trust, communication, teamwork, failure, etc.).

Cost: \$500 per group of 10 (minimum); \$35 for each additional person.

BOWLING

It Pays To Be A Hohenfels Frequent Bowler!

This \$10-a-year program delivers a windfall of benefits to its members. Already lucrative, the savings stepped up this summer.

Originally, Frequent Bowlers earned discounts based on their card level. Bronze card members, for example, earned 25 cents off each game bowled and saved 5 percent off any food or non-alcoholic beverage purchase in the snack bar. On Sundays, they paid just 80 cents for games.

While those savings still stand, additional benefits have blossomed. These discounts will continue through the rest of the year and don't vary based on card levels. Any Frequent Bowler is free to enjoy them. They include:

- 50-cent games and complimentary snack-bar upgrades from 5 to 7 p.m. on the first and third Thursday of each month
- Double Frequent Bowler games every Wednesday, making it easier to reach the next card level.
- FREE bowling on Fridays from 11 a.m. to 2 p.m.

Frequent Bowlers also qualify to win FREE trips from Enjoy Tours. Enjoy provides two trips (one over-night and one express) each month. These are generally given away during one of the Frequent Bowler Appreciation times listed above; the more you bowl the better your chances of winning!

Frequent Bowler Benefits:

Bronze Card:

- Save 25 cents on all open bowl games.
- 80-cent games on Sunday.
- Save 5 percent on all food and non-alcoholic beverages.

Silver Card (250 games required):

- Save 50 cents on all open bowl games.
- 80-cent games on Sunday.
- Save 50 cents on shoe rental.
- Save 10 percent on all food and non-alcoholic beverages.
- Save 25 percent on locker rental.

Gold Card (500 games required):

- Save 75 cents on all open bowl games.
- 80-cent games on Sunday.
- Free shoe rental
- Save 15 percent on all food and non-alcoholic beverages.
- Save 50 percent on locker rental.

Platinum Card (1,000 games required):

- \$1 off every game bowled.
- \$1 off Duty Bowl.
- 80-cent games on Sunday.
- Free shoe rental.
- 20 percent off all food and non-alcoholic beverages.
- 50 percent off locker rental.

Diamond Card (2,000 games required):

- Free bowling weekdays before 1700.
- 80-cent games on Sunday.
- \$1 games all other times.
- Free shoe rental.
- 25 percent off all food and non-alcoholic beverages.
- 50 percent off locker rental.

For more information regarding all 100th ASG bowling events and special programs, please call:

Grafenwoehr Bowling Ctr	DSN 475-6177
Hohenfels Lane 17	DSN 466-4611
Vilseck Bowling Ctr	DSN 476-2576

BOWLING EVENTS:

2, Thursday

Frequent Bowler Appreciation Hohenfels/5-7 p.m.

8, Wednesday

Women's Coffee League Starts Vilseck/10 a.m.-Noon
 Women's Night League Starts Vilseck/6:30-10 p.m.
 Kontakt Club Bowling Hohenfels/7 p.m.

9, Thursday

Mixed League Starts Vilseck/6:30-10 p.m.

10, Friday

Men's League Starts Graf/7-10 p.m.

11, Saturday

YABA Youth League Starts Vilseck/4-8 p.m.

16, Thursday

Frequent Bowler Appreciation Hohenfels/5-7 p.m.

18, Saturday

Kontakt Club Regional Fall Tourn' Vilseck/10 a.m.-4 p.m.

25, Saturday

3, 2, 1 Tourn' Graf/11 a.m.

26, Sunday

King of the Hill Tourn' Vilseck/10:45 a.m.

Monday-Friday

Midnight Madness Graf/11 p.m.-Midnight

Duty Bowl Special Hohenfels/11 a.m.-2 p.m.

Sundays

Family Day Bowling Graf/11 a.m.-7 p.m.

Family Day Bowling Vilseck/11a.m.-6 p.m.

80's Night Bowling Vilseck/6-9:30 p.m.

Family Day Bowling Hohenfels/11a.m.-11p.m.

Mondays

Mixed League Bowling Graf/7 p.m.

Tuesdays

50 Cent Games Hohenfels/8:30 p.m.

Mixed Leagues Bowling Hohenfels/6-8:30 p.m.

Wednesdays

.80 Cents Night Graf/6 p.m.

Bowling Special Vilseck/11a.m.-9:30 p.m.

Frequent Bowler Games Count Double Hohenfels

Thursdays

Bargain Basement Bowling Graf

Mixed League Vilseck

Fridays

Extreme Bowling Hohenfels/8 p.m.-Midnight

BOSS Night Vilseck/6-10:30 p.m.

BOSS Members \$1/game

Frequent Bowlers Bowl For FreeHohenfels/11 a.m.-2 p.m.

Duty Bowl Special Hohenfels/11a.m.-2 p.m.

Saturdays

Cosmic Bowling Graf

Cosmic/Disco Bowl Vilseck/8 p.m.

Extreme Bowling Hohenfels/8 p.m.-Midnight

Supervisor/Employee Orientation

Providing Support and Encouragement

Employees are most in need of supervisor support and encouragement during the orientation period. During this time, they form attitudes about the organization, so it becomes important for the supervisor to acclimate and orient new members of the staff properly. Your orientation process should make new employees feel welcome and confident about you and the organization. The purpose of the orientation is to provide a period of transition and to transform an outsider into a loyal, productive employee. To meet these objectives, you must be cautious not to project a disorganized image when introducing the new employee into the workplace. Remember, first impressions are lasting. A seemingly disjointed orientation can send a negative message to your new employee. Use the following checklist to be sure that you have not forgotten to cover vital information:

- Welcome new employees
- Discuss departmental goals and objectives
- Explain operational procedures and activities
- Define relationship of jobs within the department (structure)
- Delineate the relationship of jobs with other departments
- Outline job duties, responsibilities, and standards
- Point out problem areas to avoid
- Talk over performance evaluation procedures
- Detail supervisor expectations
- Present employees' work schedule
- Summarize required paperwork and reports
- Go over procedure for requisition of supplies and services
- Define policies and processes that affect the department
- Go over emergency procedures and safety precautions
- Set forth department norms (cleanliness, attendance, smoking, security, breaks, lunch, and personal calls).
- Conduct a tour of the department and make introductions to co-workers
- Schedule a follow-up meeting with the employee within one week to answer questions and get feedback.



**Second Annual
BOSS Party
Car Show**

September 26
11 a.m. - 8 p.m. - Langenbruck Parking Lot, Vilseck

Register by Sept. 17
Registration forms at the Langenbruck Ctr.

Food & Beverages - by Tumbleweeds
Bouncing Castle & Climbing Wall
Dunk Tank & Volleyball
DJ Music & Fun!

Display your car!
European, Asian, American cars, trucks, motorcycles

BOSS POC: 476-4028

Let ITR Take You There

ITR Trips from Graf and Vilseck

Gourmet Italy Trip

Sept. 6-9

Explore the foods of Italy. Tour a balsamic vinegar factory, and an olive grove. Shop in Nove for porcelain, have dinner at a winery and finish off in Venice.

\$300/adult, \$200/child

Departs: Sept. 3 Graf 1 a.m., Vilseck 1:45 a.m.

Karlovy-Vary (Czech Republic Passport required)

Sept. 4

Visit the enchanting Czech city. Try the water, stroll along the river and shop till you drop.

\$20/person

Departs: Vilseck 6:30 a.m., Graf 7 a.m.

Prague (Czech Republic Passport required)

Sept. 5

Our day trip to Czech's capital includes a city tour. Bring the camera for all of the great photo opportunities!

\$35/person

Departs: Vilseck 4:30 a.m., Graf 5 a.m.

Sibyllenbad Spa

Sept. 7

Come and enjoy ladies' day at the spa. The spa offers a variety of treatments and activities.

\$5/person

Departs: Vilseck 8:30 a.m., Graf 9 a.m.

Rhine River Cruise

Sept. 11

Come to the Rhine Valley and cruise the river from town to town.

\$58/adult, \$40/child (includes river cruise)

Departs: Vilseck 2:30 a.m., Graf 3 a.m.

Chiemsee Castle

Sept. 12

Tour this lovely castle and stroll around the island as well. Castle entry is not included.

\$35/person

Departs: Vilseck 4 a.m., Graf 4:30 a.m.

Shopping Day Trip

Sept. 14

Spend the day at a local shopping area.

\$5/person

Departs: Vilseck 8:30 a.m., Graf 9 a.m.

Oktoberfest

Sept 18 and 26

Enjoy the famous German experience! Ride the rides, shop the stands and eat in the famous beer tents! Sept. 18 depart early and arrive in time for the parade and keg tapping.

\$25/person

Sept. 18: Departs: Vilseck 6:30 a.m., Graf 7 a.m.

Sept. 26: Departs: Vilseck 8:30 a.m., Graf 9 a.m.

Eagle's Nest, Salt mines

Sept. 19

See the historic Eagle's Nest and enjoy the view! Then, move on to tour the salt mines outside of Salzburg.

\$35/person

Departs: Vilseck 4 a.m., Graf 4:30 a.m.

Hiking Day

Sept. 21

Want to burn calories while enjoying the German countryside? Let ODR lead you on a vigorous outing.

\$5/person

Departs: Vilseck 8:30 a.m., Graf 9 a.m.

Holiday Park Express

Sept. 25

Travel to one of the most popular amusement parks in Germany! Park entry fee not included.

\$45/person

Departs: Vilseck 3 a.m., Graf 3:30 a.m.

Family Hiking Day

Sept. 26

We'll take you to a child-friendly hiking destination for a day out.

\$10/person

Departs: Vilseck 7:30 a.m., Graf 8 a.m.

All trips depart from the Vilseck Langenbruck Center (Bldg. 607) and Grafenwoehr ODR/ITR (Bldg. 600).

Trips to the Czech Republic and Poland require a passport for each participant. Non-US citizens may also be required to obtain a visa. It is the responsibility of the customer to have the proper documents.

For more information on Graf and Vilseck ITR trips, call 475-7402 or 476-2295.

ITR Trips from Hohenfels

Polish Pottery Shopping Trip

Sept. 4

Get your Polish pottery right from the source! Plenty of patterns and products to choose from.

\$55 per person/\$85 for two seats (second seat can be used for comfort or purchases only)

Departs: Hohenfels at 11:30 p.m.

Prague Sightseeing Trip

Sept. 11

Visit what many describe as "the Golden City," the jewel and capital of the Czech Republic.

\$45 per person

Departs: Hohenfels at 4 a.m.

Oktoberfest

Sept. 18 and 25

Visit the world-renowned festival.

\$20 per person

Departs: Hohenfels 8 a.m. Returns: 8 p.m.

All trips depart from the Hohenfels chapel parking lot. Prices are subject to change due to fluctuations in the exchange rate. For more information, call ITR at 466-2225 or ODR at 466-2060.

AOVE Checks Out the Kreuzberg Devil's Stone

- Waltraud Lobenhofer, Dr. Klaus Zeitler and Kirsten Jahn

The Tall Tale of the Devil's Stone

A huge rock is placed at the Kreuzberg (near the villages of Schoenlind and Hohenzant), north of Vilseck. Many tall tales and old stories explain why this big boulder has been placed in the middle of the forest. The most famous one is the "Teufelsstein," the "Devil's Stone."

According to this tale, the devil often tore his pants on the newly built church steeple when he was flying over Vilseck. For the devil, that was reason enough to destroy the church. He planned to erase the problem by throwing a huge rock on the church.

As he rested at the Kreuzberg hill, he met an old woman who carried a bundle with shoes. The devil asked her how far it would be to Vilseck. The old lady recognized the devil and answered: "Far, very far! Look, all these shoes I have worn out from my long walk from Vilseck to here."

The devil cursed terribly and disappeared in a shadow. A stone, with the prints of the paws and the devil's back, still can be seen on the devil stone near the Kreuzberg up north of Vilseck.

Devil's Stone Walking Tour Teufelsteinwanderung

A walking tour to the Devil's Stone is scheduled for Sept. 18. Two different routes are available, a 20-km trail starting at 1:30 p.m. and a shorter 10-km tour starting at 3:30 p.m.

Both tours start and end at the Bahnhof in Vilseck. Tour guides, very familiar with the area, will explain regional distinctions during the march. A scary spectacle with witches will lead into the upcoming twilight. Every participant will be awarded with a special certificate. Of course, food and beverages are available.

English-speaking tour guides can be provided depending on the number of participants. Registration: e-mail: info@aove.de or phone: 09664-952467



Get Ready for the Second Civilian Fitness Program

Assessments Begin in September & Start Oct. 1st!

- Susannah Knapp



Assessment Dates:

BSB	DATES	TIME	LOCATION
282nd BSB	TBA	0800-1200	Olympia, Hohs
		1300-1600	Olympia, Hohs
Health Promotion Office: 475-8433			

409th BSB	21 Sep	1300-1600	Hilltop, Vilseck
	22 Sep	0800-1200	Hilltop, Vilseck
Health Promotion Office: 475-8433			

409th BSB	28 Sep	1300-1600	F-House, Graf
	29 Sep	0800-1200	F-House, Graf
Serge Kearse: 475-8207			

The second run of the 100th ASG Civilian Fitness Program starts Oct. 1. The 100th ASG Command-sponsored Civilian Fitness Program allows for three one-hour exercise sessions each week during normal work-hours for a total of 78 hours over a consecutive six months. Both AF and NAF employees can participate.

This is a one-time enrollment opportunity designed to initiate healthy behavioral changes.

- All civilian and contract employees must complete a checklist and provide supervisor's approval/signature for official enrollment in the Civilian Fitness Program. Refer to Enrollment Package.
- You are not officially enrolled in the Civilian Fitness Program until you are medically cleared at the assessment or your supervisor receives the health care provider's approval form.
- Failure to complete the program, to include the exit assessment, will be at the discretion of the supervisor for denying the use of administrative leave for the time spent exercising and for changing the time and attendance records. Instead, the employee will be permitted to take annual leave or will be charged with Leave without Pay (LWOP) in place of the administrative leave previously granted.

If you are interested in the Civilian Fitness Program, acquaint yourself with the Civilian Fitness Program Enrollment Packet. The packet is designed complete all the steps necessary to enroll Department of the Army civilians in the Civilian Fitness Program. It is important to note that you will not be enrolled in the program unless all paperwork is complete and you



Photo by Liquid Library

have received medical approval to start the program. When you are approved for the program, you will receive an Enrollment Approval form.

For more information about the Civilian Fitness Program process, please contact the 100th ASG Office of Health Promotion at DSN: 475-8433 or CIV: 09641-83-8433 or <https://intranet.100asg.army.mil>.

Congratulations for taking the first step to getting fit and staying fit!

Delta Company 3/58 Aviation Top Marines

Softball Tournament Triple Eliminator Crown

- Dan Fraizer, Sports Recreation Assistant

Delta Company 3/58 Aviation served up some home cooking as they celebrated the Independence Day weekend in style. The Dragons from Delta Company outlasted everyone else, as they were crowned champions of the 409th BSB Triple Eliminator Unit-Level Softball Tournament in Grafenwöhr July 2-4. Although only seven teams chose to give up their holiday weekend, the competition was no walk in the park. Last year's Army Europe Unit-Level champions, Marine Forces Europe from Schweinfurt, along with HHC 5th Corp from Heidelberg and Operations Group from Hohenfels, the champions from the two previous 409th BSB-hosted softball tournaments, ensured that winning this tournament would not be an easy task.

Delta Company 3/58 Aviation made it through the winner's bracket unscathed, thanks in part to stingy defense, great hitting, and a surprising upset of Operations Group at the hands of 535 Engineers from Grafenwöhr in the first round, forcing the previous champions to play catch up the rest of the way. Marine Forces Europe, knocked out of the winner's bracket by Delta Company 3/58 Aviation, bounced back to run the table on the first loser's bracket, dispatching with Operations Group, Bravo Company 2/2 Infantry, and 535 Engineers along the way. In their second game of the weekend, Delta Company 3/58 Aviation and Marine Forces Europe met again early Sunday morning, and again Delta Company came out victorious by a margin of 7-4. The loss sent Marine Forces Europe up against HHC 5th Corp., the only team in the tournament they had yet to play. Marine Forces Europe ended HHC 5th Corp.'s tournament, 11-3, and sent them back to Heidelberg with the third-place trophy.

For the third time in the tournament, Delta Company 3/58 and Marine Forces Europe went to battle, this time in the championship game. Delta Company entered the game with a perfect record, no losses, while Marine Forces Europe had two losses, both at the hands of the Dragons from Delta Company. Because of the triple elimination format, for the Marines to take home the championship hardware, they would have to beat the Dragons not once, not twice, but three straight. Not a very easy task, but this is the reigning Army Europe Unit-Level Champion we're talking about.

In their previous two games, the Marines seemed to have taken very good notes on their opponent, and seemed to know exactly where the Delta Company batters would hit the ball before it had even left the bat. Delta Company had a hard time finding any holes in the Marine's defense, and fell to a score of 13-10, forcing a second game. In the second game, Delta Company 3/58 seemed to find little motivation, playing like a beaten team. Although they scored a furious rally late in the game, they fell in the second Championship



SPC Jarrod Maloney of 535 Engineers rips a base hit down the left field line to help his team to a fourth-place finish

game, 10-8. In the final Championship game, the Dragons seemed to carry over their energy and offensive burst from the end of the previous game and jumped out to a big lead over the Marines that they would not relinquish. In the end, Delta Company defeated Marine Forces Europe, 18-13, and became tournament champions. All in all, Delta Company 3/58 and Marine Forces Europe combined for 114 runs through five games throughout the tournament, with Delta Company winning three of five.



SPC Glen Griffin (#45) and SPC Miguel Martinez celebrate after they defeat Marine Forces Europe to win the Triple Eliminator Tournament

Sports & Fitness Fun Run Kicked Off July 10

Having Fun Is the Common Goal!

- Sarah Fogle



Photo by Sue Bluhm

On your mark, get set, go!

July 10 was a great day of fun and adventure for 45 participants in the annual 409th BSB Sports and Fitness Fun Run. What made this run special was the gathering of soldiers, families, retirees and friends in a festival environment with one common goal of having fun.

Getting up early and warming up for a run is what fitness is all about. The run provided an excellent challenge for all to test their mettle in cardiovascular fitness and individual endurance.

Congratulations to all the Fun Run winners!

10K Open Fun Run Winner Lucas Dressler
 10K Male Master. Charles Ball
 10K Seniors. Roger Fielder
 10K Female Open. Gwen Lewis
 10K Female Masters Maria Yost
 10K Female Senior Denise Keys

The fun run brought a lot of families and people from all ages to participate together to get some fitness activity and fun.

100th ASG

PAINTBALL

CHAMPIONSHIP

Sept 11, 2004
Vilseck Paintball Area

Registration 0730-0800
 10 Team Limit
\$25 per team

Part of the Commander's Cup program.
 No charge for Active Duty Military Teams
 assigned to the 100th ASG.

Contact:
 100th ASG Sports & Recreation at DSN 475-7137/7111
 email: sports&recreation@graf.eur.army.mil
 or your local ODR Office

MWR

100th ASG

COMBAT

CROSS COUNTRY

Championship

Sept 22, 2004
Sportplatz, Hohenfels Post

Active Duty Military Only
 5-7 Person Teams
 Registration 0800-0845

Contact: 100th ASG Sports & Recreation DSN 475-7137/7111
 email: sports&recreation@graf.eur.army.mil
 or your local sporting facility

MWR

Jacobs, Swords repeat as 10-Miler Champions

One Hundred Fifty-Six Runners Start on July 17 in Graf

- Dan Fraizer, Sports Assistant

During the first mile, your mind tries to convince your body to slow down; you have a long way to go. On the last mile, it's your body's turn to convince your mind that you can do it; you're almost done. The miles in the middle are filled with sweat, pain, exhilaration, adrenaline, and one recurring question: "Why?"

One hundred fifty-six runners likely asked themselves that question at some point during the Army-Europe Ten-Miler at Grafenwoehr July 17. The runners also could have been wondering where the warm weather had come from, and why then. In what had been a very cool, cloudy summer, the sun came out in full force that morning to greet the runners, some of whom had traveled from as far away as Vicenza, Italy, to compete.

And competition it was, as the top eight overall active-duty male and female finishers comprise the 2004 U.S. Army-Europe team that will compete at the Army Ten-Miler on Oct. 24 in Washington, D.C. The women's team currently holds the Army Ten-Miler event record time with a combined time of 4:21:17, a feat they accomplished in 2002 and repeated in 2003 with the exact same time of 4:21:17.

Some familiar faces greeted the throngs of volunteers and onlookers who cheered on the finishers. Leading the women's pack was Grafenwoehr's very own CPT Jessica Jacobs. Jacobs finished in 62 minutes 47.72 seconds this year, besting her record of 63:19. She finished four minutes ahead of the next female finisher,

2002 overall champion and last year's runner-up MAJ Jacqueline Chen of Kaiserslautern (66:53.53), and won her own age category by 10 minutes. Joining her on the team traveling to Washington, D.C., will be CPT Augusta Hemann of Grafenwoehr, who finished third in the Military Women's Masters category and fourth overall with a time of 74 minutes 24.62 seconds. The rest of the top eight were SSG Wendy Cooper of Kaiserslautern (72:44.52), CPT Elizabeth Barnaby of Landstuhl (75:08.21), SSG Lisa Bizell of Heidelberg (75:13.31), 1LT Kedra Segler of Landstuhl (75:18.89), and CPT Lid Ryan of Mannheim (78:24.24).

SSG Shannon Swords of Landstuhl, Germany, last year's overall men's winner, finished ahead of the pack again this year, crossing the line at 56 minutes 8.71 seconds. He was followed by 1LT Jason Galus of Babenhausen (57:08.78), SSG Robert Zuch of Heidelberg (57:33.23), SPC David Montano of Dexheim (57:43.78), COL Michael Buley of Vicenza, Italy (58:19.92), SPC Benjamin Martinelli of Heidelberg (58:53.22), 1LT James Seefeldt of Schweinfurt (60:28.34), and SGT Kirk Madgic of Mannheim (61:08.70).

In the team competition, Vicenza, Italy, took home the crown. Landstuhl runners finished second overall, followed by Mannheim and Grafenwoehr.

The support from Exchange New Car Sales and DECA were critical to the event's success, the runners said. Several participants expressed their sincere appreciation for the contributions of those organizations.



Photo by Sue Bluhm

Commander's Cup Shootout Championship

The Shooter Calls Out "Pull!"

- Heidi Fedak



Photos by Randy Mayer

Orange discs zip into the air from different directions. They hover for about a second before the gunman tries to blast them to smithereens. Then the shooter calls out, "Pull!" again and aims to hit the next target.

This was just one of the challenges at the 100th ASG Company Level "Shootout" competition held July 14 at the Grafenwoehr Skeet & Trap Range and the Rifle Range (Range 116).

Skeet and Trap each involves firing a shotgun at a moving target; the difference lies in the direction the targets are launched. Trap targets are launched directly ahead, while Skeet targets are launched from two separate angles with the shooter moving to different stations.

Both the Trap round and Skeet round in the championship consisted of 10 shots each. In Skeet shooting, two shots are fired from a given station. The skill comes in sighting the moving target and anticipating its position when you fire the shotgun.

Skeet and Trap were only two parts of the event. The third component was the Rifle competition and involved 20 rounds fired at a stationary Bull's Eye target from a prone position. Each shooter reloaded between each round and unlike Skeet and Trap could choose the best moment for him/her to fire at the target.

The 100th ASG Commander's Cup Trophy went to HHC 1/4 Infantry Hohenfels as best overall team in the event. In addition to capturing the team trophy, HHC 1/4 Infantry soldiers won all three individual awards as well. Edwin Runner was presented with the Shootout Champion trophy and William Goff won both the Rifle champion and Shoot-Out runner-up awards.



FITNESS CALENDAR



Fitness Tip of the Month . . . using the resist a ball

- Sarah Fogle

Assume a supine position on floor, place middle of calves over apex of ball. Position arms on floor slightly away from hips with palms down.

Lift hips from floor by pressing down into ball with lower legs. Raise hips fully so that a straight line is formed from the ankles, hips, and shoulders. Keep toes pointing at ceiling and head on floor.

Hold three seconds and slowly lower to start.

SEP	YOGA	SPINNING	AEROBICS	BODY ROCK	KICK BOXING	RESISTA-B	POWER LUNCH
MONDAYS	<ul style="list-style-type: none"> V-1530 (2&3) 	<ul style="list-style-type: none"> G/V-1145/1700 V-1145/1745 H-1200 	<ul style="list-style-type: none"> V-1645 	<ul style="list-style-type: none"> H-1700 	<ul style="list-style-type: none"> V-0900 		
TUESDAYS	<ul style="list-style-type: none"> H-1730 		<ul style="list-style-type: none"> V-1645 G-1730 		<ul style="list-style-type: none"> G-1145 V-1800 	<ul style="list-style-type: none"> V-1100 	<ul style="list-style-type: none"> H-1200
WEDNESDAYS		<ul style="list-style-type: none"> G-1700 H-1200 V-630/1145 V-1745 	<ul style="list-style-type: none"> V-1645 G-1730 	<ul style="list-style-type: none"> H-1700 	<ul style="list-style-type: none"> V-0900 		
THURSDAYS		<ul style="list-style-type: none"> H-1600 	<ul style="list-style-type: none"> G-1730 		<ul style="list-style-type: none"> G-1230 V-1700 	<ul style="list-style-type: none"> V-1100 	<ul style="list-style-type: none"> H-1200
FRIDAYS		<ul style="list-style-type: none"> G-1145/1700 V-1200(2&4) 		<ul style="list-style-type: none"> H-1700 	<ul style="list-style-type: none"> V-0900 (2&4) 		